

# TV: TOTALLY FUNNY TUESDAYS {page 15}

# metro®



Max 76°  
Min 61°

**NEW YORK**

Tuesday, September 18, 2012

**TAX  
LAW**

The Law Offices Of  
**Donald G. Koch**

**Tax Problems?**  
Consult a Tax Attorney now.

We have been representing  
clients before the IRS and state  
tax authorities for over 30 years.

**TAX IS WHAT WE DO!**  
**FREE CASE EVALUATION**

26 Broadway, NY, NY

**212.425.4TAX**  
**www.kochnyc.com**

MILES DIXON/METRO

# Who's still Occupying?



► As movement aims to reclaim its strength  
this fall, college students, anarchists and union  
members still count among its ranks ► 181 OWS  
protesters arrested in Lower Manhattan {pages 02-03}

Photo: Zarmik Moqtaderi



## Soledad Barrio & Noche Flamenca

Opens Tonight — Now Thru September 30

175 8th Ave at 19th St JoyCharge 212-242-0800 Joyce.org

"One of today's great  
dancers of any genre."  
*The New York Times*



GET CLOSER TO DANCE



## 1

## In the news

## Planes land at JFK after bomb threats

Two flights were forced to land at JFK yesterday afternoon after authorities received an anonymous phone call about a bomb scare. The two planes, a Finn Air flight from Helsinki and an American Airlines flight from San Francisco, both landed after the threats Monday afternoon, both without incident. FBI agents and Port Authority police met the aircrafts, but no explosives were found.

METRO/AB

## In the news



## Barclays countdown

There are eleven days until the Barclays Center opens in downtown Brooklyn! Every day until the Sept. 28 opening, Metro will offer a tidbit or two about how to enjoy Barclays. Know before you go: Make sure you leave your utility bag at home or work: Barclays does not permit any oversize bags past security. METRO

# One year later and

► After quiet months following May Day, OWS reemerges for anniversary ► More than 181 arrested in clashes with cops ► Members vow to keep protest group strong in second year



EMMANUEL DUNAND/AFP/GETTYIMAGES

► A participant in the Occupy Wall Street protest is arrested by police during a rally to mark the first anniversary yesterday.

The scene at Zuccotti Park in lower Manhattan was a familiar site yesterday — hundreds of Occupy Wall Street protesters regrouped there to mark the movement's first anniversary.

Police arrested more than 181 people throughout the day as protesters filtered through the Financial District and Foley Square in an effort to disrupt traffic — a tactic protesters said was meant to draw attention to the messages of the 99 percent.

A massive convergence of NYPD officers blocked access to Wall Street and the New York Stock Exchange, where the movement vowed to stage a protest yesterday morning.

Only those who could show police proof that their places of employment are on Wall Street were permitted to pass. Zuccotti Park, which was barricaded by police for much of yesterday morning, was later opened and occupied by protesters.

"This country is in big trouble," protester Sally Gellart, who denied that OWS has lost steam in recent months, told Metro.

"There are actions that you don't hear so much about, and it's going to be a long-term process, but yes, it's still hap-

## Another round of violent NYPD/Occupy clashes

Out of the arrests yesterday, several resulted in heated confrontations between protesters and the police.

Metro witnessed three NYPD officers pulling a young woman to the ground before arresting her near Nassau and Pine streets.

Another three officers pushed a man with a camera facedown on the back of a police car while arresting him near the same intersection.

Artie Duncanson, who has been following the Occupy movement, said he saw about 20 people get 'cuffed as the

pening," she said.

Protesters also rallied outside corporations like Wells Fargo, Goldman Sachs and Jackson Lewis.

"What's disgusting? Union-busting. What's outrageous? Poverty wages," protesters chanted, as the air filled with chanting and drumming.

While yesterday's anniversary rally was the most active



MILES DIXON/METRO

► Police arrest a female protester at Nassau and Pine streets.

crowd marched yesterday morning.

"There were a couple rows of people in front of me, but I witnessed a cop take a younger girl, probably in her mid-20s,

throw her down, and then she was trying to get up or they picked her up, and she got thrown back down into the ground once again before being arrested," Duncanson said.

and visible the movement has been since its May Day action, OWS does have meetings and workshops planned on a regular basis through October.

Many protesters said they hoped yesterday's action will serve as a springboard for more upcoming Occupy events.

"I think it's going to branch out from here," Dallas, a pro-

tester who preferred to not give his last name, told Metro. "You're going to see a lot of new avenues of activism open up from this movement, and you're going to see a lot of people who have never involved themselves in activism before become active."

**CASSANDRA GARRISON**  
cassandra.garrison@metro.us

## Financial District workers say Occupy is tamer this time around

People who work in lower Manhattan breathed a collective sigh of relief yesterday afternoon, as many said the Occupy anniversary brought less chaos than they expected.

The consensus seemed to be that the calm was a result of a tamer crowd and a more prepared police force.

A man who works in the Financial District, and who asked to only be identified by his first name, Joe, said that he noticed the crowd of protesters was "a lot smaller this year," he said.

"As of now it seems a lot nicer than last year," Joe said, standing on the edge of the barricades that surrounded Zuccotti Park. Protesters last year were a little mean, he said.

Another man, whose office is located at 45 Broadway, agreed there were fewer protesters, so it seemed like police outnumbered them in comparison.

Sharon Horyak, an employee at Omega World Travel, which has an office on the south side of Zuccotti Park, agreed that the crowd was smaller and calmer.

"These people are rather orderly this time," she said. "Last year was a zoo. Right now it just looks like a big party."

"This just feels like a circus without any rides," said Joe.

He's hoping it stays that way.

Horyak said she is also keeping her fingers crossed.

"Last year they had the drums going all day," she said. "It was like an annoying toothache, and I work all the way up on the 15th floor."

● DANIELLE TCHOLAKIAN



# Occupy returns strong



**David Mazza**

- ▶ Age: 22
- ▶ Occupation: Web developer
- ▶ What brought him back here today: Mazza joined Occupy last year, "when it was still active," he said. This is his first time back at Zuccotti, but he doesn't think Occupy 2012 is going to pick back up. "It had its time, and it's probably passed," he said. "The park isn't nearly as full."



**Ashlie L. Smith**

- ▶ Age: 27
- ▶ Occupation: Opera singer
- ▶ What brought her back here today: Smith moved to Zuccotti Park on Oct. 8 last year. She said the Occupy movement's goal is simple: "We just want public spaces to come together and discuss our problems and solutions. The movement is an opportunity to be in a community and get involved."



**Louie Valencia**

- ▶ Age: 25
- ▶ Occupation: Fordham Ph.D. student
- ▶ What brought him back here today: He said he was at Zuccotti Park last year and returned yesterday. While he's not very active in the movement, he supports what they're doing. He was there with a friend, a 50-year-old school teacher, and both wore red squares to show solidarity.



**Charles Helms**

- ▶ Age: 65
- ▶ Occupation: Retired electrical worker from Nutley, N.J.
- ▶ What brought him back here today: "It's not the couple hundred people here, it's the hundreds of thousands of people at home ... who now really see what corporate America looks like. And it looks like nothing but greed. As more and more see that, they are behind us."



**Drew Hornbein**

- ▶ Age: 25
- ▶ Occupation: Web consultant
- ▶ What brought him back here today: Hornbein has been involved with the Occupy movement since it began. "Occupy's big strength is that it connects people, from EMTs to anarchist kids," he said. "I've gotten in touch with all of these people in the social justice movement."



**Donald**

- ▶ Age: 67
- ▶ Occupation: Retired accountant
- ▶ What brought you back here today?: "I see that Occupy is what's going to make the right things happen once Obama wins," he said. "I want to reestablish the middle class. I'd like to see that happen through the Occupy movement just getting messages across."

09/  
28/  
12



**BARCLAYS  
CENTER**  
BROOKLYN

**SEPTEMBER IS JUST THE BEGINNING**

◀..... 200 Opening Nights and Counting. Be There For Yours. ....▶

[barclayscenter.com](http://barclayscenter.com)



[facebook.com/barclayscenter](https://www.facebook.com/barclayscenter)



[@barclayscenter](https://twitter.com/barclayscenter)

ELEVEN TRAINS. ONE DESTINATION. BARCLAYS CENTER.

2 3 4 5 6 B D N O R to Atlantic Avenue - Barclays Center C to Lafayette Avenue G to Fulton Street LIRR to Atlantic Terminal



Mortgage rates are the lowest in decades!  
Prices have never been more attractive!

# WHY RENT?

*There's never been a better time to buy!*

And, as an owner, you can save \$1000's in income taxes!  
*Home mortgage interest and taxes are deductible!*

**ACT NOW AND RECEIVE A  
\$5,000 CASH REBATE  
AT CLOSING!**



**The Homestead \$273,900 Complete • \$9,600 down**

- \$2,053 mo. w/taxes and insurance • 4 bedrooms • 2 1/2 baths • Loft
- Dining Rm • Living Rm • Huge Kitchen • 2 car Garage • Central Air & Heat
- Gas Appliances • Whirlpool • Large Yard • Landscaping • 3,392 Sq. Ft.



**The Millburn \$194,500 Complete • \$6,808 down**

- \$1,544.17 mo. w/taxes and insurance • 3 or 4 large bedrooms
- 2 1/2 baths • Living Rm • Dining Rm • Central Air & Heat • Deck
- Fireplace • Front Porch • Gas Appliances • Large Yard • 2,293 Sq. Ft.



**EZ COMMUTE EXPRESS  
BUS SERVICE**  
• 90 MIN. TO NYC  
**BUSIEST BUILDER  
IN THE POCONOS**

Call Toll Free

## 1-800-276-4000

[www.classicqualityhomes.com](http://www.classicqualityhomes.com)

Hours: Mon. thru Sat. 9am to 5pm

\* \$MONTHLY PAYMENTS BASED ON YEAR FIXED RATE MORTGAGE AT 4 %.

# What could happen as MTA fare hike looms

METRO FILE PHOTO



► If the 7-percent discount on \$10 MetroCards is taken away, riders could be forced to shell out up to \$200 extra per year.

Are you ready for what the new fare hike could look like?

A 30-day unlimited MetroCard could rise to about \$109, according to a report yesterday in the New York Daily News. A seven-day unlimited MetroCard would rise from the \$29 it costs today to about \$30.

But that's actually the least painful of the increases.

Subway and bus riders who would feel the most pain are the ones who buy pay-per-ride MetroCards. Under the fare hike, riders may lose the 7-percent discount when they put \$10 on that card. If that discount is taken away, it could cost subway riders more than \$200 extra a year to ride the rails, according to the Straphangers Campaign, a riders' advocacy group.

The base fare for a subway or bus ride would also rise a quarter, up from \$2.25 now to \$2.50, according to the report.

## What might be coming down the track

- Upping the base fare from \$2.25 to \$2.50 per ride
- Eliminating the 7-percent bonus for those who buy \$10 or more on a MetroCard
- Raising the two types of unlimited-ride MetroCards — weekly and monthly — by 5 percent
- A seven-day card would go from \$29 to \$30
- A 30-day card would go from \$104 to \$109



As part of the planned MTA fare hike, Long Island Rail Road and Metro-North fares are also scheduled to increase, as are some bridge and tunnel tolls.

The MTA would not confirm any of the projected fare increases but said it would be unveiling fare hike proposals either later this month or in October.

As the MTA did for the 2009 fare hike, it will also hold a series of public hearings in mid-November, and subway and bus riders are encouraged to attend and voice their complaints against the fare increase.

The agreed-upon fare hike would go into effect in March, according to the MTA, which says a fare hike is necessary to bring in approximately \$382 million to balance their budget.



**CARLY BALDWIN**  
[carly.baldwin@metro.us](mailto:carly.baldwin@metro.us)

## Which riders hurt most?

"The biggest losers would be those buying discounted [7-percent-off] pay-per-ride MetroCards," Gene Russianoff, head attorney for

the Straphangers Campaign, said yesterday in a statement. "Their fare would go from \$2.10 a ride to \$2.50 a ride."

Overall, their commuting costs would rise by \$4 a work week or \$208 a year, he predicted.

The Straphangers

Campaign noted that New York City transit riders pay the highest percentage in the country — 54 percent — of the costs of operating the MTA transit system. The national average for big-city systems is 37 percent, according to Russianoff.



# Deals on wheels

- ▶ A new program hooks up those on bikes with deals at city businesses
- ▶ Starts in East Village and LES
- ▶ But cyclists can hope for discounts all across city

EMILY ANNE EPSTEIN/METRO



▶ Ride your bike to Ukrainian diner Veselka and you'll get a free granola bar.

Some city businesses want you to arrive on two wheels, not two feet — and they'll even give discounts to encourage riding your bike to their door.

Transportation Alternatives is teaming up with more than 100 businesses below 14th Street in Manhattan to give bikers deals and discounts when they roll up to their stores.

The program, called the "Bike Friendly Businesses District," will be in place in the East Village and Lower East Side and starts this Saturday. There will be an 11 a.m. tour of businesses that are participating, starting at Veselka on 2nd Avenue and 9th Street. The 24-hour Ukrainian restaurant is offering a free granola bar for cyclists.

Miller Nuttle, a bike advocate for Transportation Alternatives, said they hope to create more neighborhood bike-dis-

## Why downtown?

"The bike infrastructure there is pretty remarkable," Nuttle said, noting that when a planned bike lane is completed on First and Second

avenues continuing up to Harlem, it will be the longest in the country.

"With the bike share coming, those neighborhoods are in the heart of the bike-share program," he added.

## 150 Businesses on the Lower East Side and in the East Village will offer deals to those riding bikes.

count zones, where businesses have bike-safety information posted and ask the city for things like bike racks.

More than 300 businesses scattered around the city, ranging from hair salons to burger joints, already offer deals, such as up to 15 percent off purchases.

"The district was the next logical step for us, thinking about focusing on New York as a city of neighborhoods," Nuttle said.

And when the city's promised bike-share program begins, they hope, tourists will snatch up discounts at the local spots, bringing the businesses a cash boost.

"It's a program we'd really like to see spread through the city," he said.

**ALISON BOWEN**  
alison.bowen@metro.us

## Where you can get a deal on two wheels

- ▶ Participating restaurants run "the whole gamut," Nuttle said. "Everything from your local coffee shop to East Village staples, Veselka, the Ukrainian restaurant, to hair

and nail salons."

- ▶ They also have started partnering with non-profit theaters and galleries. Discounts can include anything from 10 to 15 percent off or buy-one, get-one-free specials.
- ▶ Transportation Alternatives also hopes to create a "dinner-and-a-show" special where cyclists can get dis-

counts off a local restaurant and comedy show.

**Some participating businesses in the plan:**

- ▶ Bareburger East Village
- ▶ Arena Salon
- ▶ Addiction NYC
- ▶ Birdbath
- ▶ Café Grumpy
- ▶ Cowboy Pizza
- ▶ Luca Lounge
- ▶ Rawvolution

**IF IT'S NOT 5X IT'S BUPKIS!**

**HIGH YIELD FREE CHECKING**  
**EARNs INTEREST 5X THE NATIONAL AVERAGE**  
**1.00% APY GUARANTEED FOR A YEAR**  
On balances up to \$100,000

**Capital One Bank**

**COMPARE OUR RATE, BABY!**

Visit a branch or open online at [CapitalOneBank.com](http://CapitalOneBank.com)

For the first year, 1.00% annual percentage yield (APY) applies to balances of \$100,000 or less; 0.40% APY on balances more than \$100,000, depending on the account balance. Promotional APYs available only for new consumer checking customers and are in effect as of 08/16/2012. After that, the standard APY in effect as of that date applies to the entire balance which may change after account opening. Must maintain a \$5,000 monthly balance. Offer available for a limited time. Limit one account per customer. Standard message and data rates may apply. Based on rates for interest-bearing checking accounts at top 50 banks by deposits as of 07/18/2012 from Informa Research Services, Inc. Offered by Capital One, N.A., member FDIC. ©2012 Capital One. All rights reserved.



## Lawsuit between Google, authors in US suspended pending appeal

An appeals court judge on Monday suspended trial court litigation involving Google Inc., and thousands of authors pending appeal by the search engine giant of an order granting the authors class-action status.

A one-sentence order by a

2nd U.S. Circuit Court of Appeals judge in New York said the Authors Guild, which sued Google seven years ago over the company's plans to create the world's largest digital books library, consented to the suspension.

In a case where billions of

dollars are at stake, the appeals court has given Google permission to challenge a May 31 decision by a judge letting authors sue as a group rather than individually. The appeals court has not yet scheduled oral arguments for the appeal.

REUTERS

## Groupon falls as expenses mount amid deal fatigue

Groupon Inc., operator of the biggest daily-deals website, fell the most in more than a month on concern that marketing costs are rising amid waning consumer interest in online coupons.

Shares of Chicago-based Groupon decreased 7 percent to \$4.90 at 10:44 a.m. in New York, and earlier dropped to \$4.88 for the biggest decline since Aug. 17. The stock had lost 74 percent this year before yesterday.

As the discount service expands marketing efforts and gains a greater portion of revenue from Groupon Goods, an e-commerce site for marked-down products, "We see overall margin expansion and cash flow growth as tenuous," said Ken Sena, an analyst at Evercore Partners Inc., in a research report. He recommends selling shares and has a \$3 price estimate.

"Marketing expenses are on the rise given daily-deal fa-

### \$65.4M

**Groupon Goods made up most of the company's \$65.4 million in direct revenue, which more than tripled from \$19.2 million in the first quarter, the company said.**

tigue," Sena said in the report.

The company makes money by selling discounts — known as "Groupons" — from businesses such as restaurants and nail salons. It then splits the revenue with the retailers. Groupon last month reported second-quarter revenue that missed estimates due to economic weakness in Europe.

Groupon Goods made up most of the company's \$65.4 million in direct revenue, which more than tripled from \$19.2 million in the first quarter, the company said.

REUTERS



### Moving is the best medicine.

Keeping active and losing weight are just two of the ways that you can fight osteoarthritis pain. In fact, for every pound you lose, that's four pounds less pressure on each knee. For information on managing pain, go to [fightarthritispain.org](http://fightarthritispain.org).



# HUNGER KEEPS UP ON CURRENT EVENTS, TOO.

1 IN 6 AMERICANS STRUGGLES WITH HUNGER.

TOGETHER WE'RE

FEEDING AMERICA



Hunger is closer than you think. Reach out to your local food bank for ways to do your part. Visit [FeedingAmerica.org](http://FeedingAmerica.org) today.

### Social media. Ads



SCOTT OLSON/GETTY IMAGES

### Facebook winning in ad revenue

Facebook Inc. is doing a better job than Google Inc. in getting Web surfers to click on advertising based on browsing history, according to partners using the social network's ad service that debuted in June. Facebook Exchange, or FBX, generates as much as four times the return on ad dollars than other real-time bidding systems, said Triggitt Inc. **BLOOMBERG**



# Muslim protesters rage at US in Asia, Middle East

Protesters enraged by a film mocking the Prophet Mohammad battled with police in several Asian cities yesterday and vented their fury against the United States, blaming it for what they see as an attack on the Muslim religion.

Police fired in the air to break up a crowd marching on the U.S. consulate in the Pakistani city of Karachi while in Afghanistan and Indonesia people burnt U.S. flags and chanted "Death to America."

Indonesian police fired tear

**"We will defend our prophet until we have blood across our bodies. We will not let anyone insult him."**

SAID ONE PROTESTER

gas and water cannons to disperse hundreds of demonstrators who massed outside the U.S. Embassy in Jakarta, the capital of the most populous Muslim nation.

"We will defend our prophet until we have blood across our bodies. We will not let anyone insult him," said one protester in the Afghan capital. "Americans will pay for their dishonor."

Thousands also marched in Beirut, where a Hezbollah leader accused U.S. spy agencies of being behind events that have unleashed a wave of anti-Western sentiment in the Muslim and Arab world.

The demonstrations were the latest ignited by the short film made in the United States and posted on the Internet that depicted the Prophet Mohammad as a fool, a womanizer and a homosexual. **REUTERS**



► Afghan firefighters extinguish a fire on Jalalabad Road in Kabul during an anti-U.S. protest yesterday.

MASSOUD HOSSAINI/AFP/GETTY IMAGES

## Top anti-religious films

The anger in the Muslim community over a 14-minute trailer for "Innocence of Muslims" — a film that claims to tell the true story of Muhammad and portrays him as a fool and hypocrite — has been identified as the spark that led to the recent violence in the Arab world. On Sept. 11, a United States Embassy in Cairo was attacked and four people were murdered at the United States consulate in Benghazi, Libya. This isn't the first religious film to cause controversy. Here's the top five films that have been protested for their alleged anti-religious content.

► "Life of Brian" Although Monty Python's religious satire is rather tame by today's standards, the idea that it was poking fun at Christianity got it banned in many countries. Brian's jovial crucifixion scene had people especially angry.

► "The Last Temptation of Christ" The film is vastly different from the story of Jesus told in the Bible and involves homosexuality and bigamy, among other controversial elements.

► "Dogma" Kevin Smith's take on the Catholic religion introduced the world to two murderous angels, the last relative of Jesus Christ and a female God.

► "The Da Vinci Code" Based on a best-selling novel of the same name, "The Da Vinci Code" shocked audiences by revealing that Jesus had a religious tryst with Mary Magdalene — and that the Vatican is behind a conspiracy theory to block any knowledge of their progeny from the public.

► "The Passion of the Christ"

Catholics lauded the film as a graphic portrayal of the last days of Jesus Christ, but others

pointed out what they believed was strong anti-Semitic messages.



NORTHEAST  
REGIONAL

## DOUBLE POINTS. LOW FARES.

PICK ANY TWO.

ONE-WAY FARES FROM NEW YORK AS LOW AS:

|                             |                               |                        |                           |
|-----------------------------|-------------------------------|------------------------|---------------------------|
| PHILADELPHIA<br><b>\$36</b> | WASHINGTON, DC<br><b>\$49</b> | BOSTON<br><b>\$49</b>  | BALTIMORE<br><b>\$49</b>  |
| BWI MARSHALL<br><b>\$49</b> | WILMINGTON<br><b>\$41</b>     | TRENTON<br><b>\$29</b> | PROVIDENCE<br><b>\$43</b> |

Right now, one trip on Amtrak® is worth twice the rewards. Because Amtrak Guest Rewards® members receive double points on all travel from September 5, 2012, through November 16, 2012. Registration is required; terms and conditions apply. Learn more and book at [Amtrak.com](http://Amtrak.com)

AMTRAK.COM

**AMTRAK**  
Enjoy the journey.®

Fares valid only on Northeast Regional. Valid for discounted one-way Coach fares only; no Business class upgrades allowed. Advance ticket purchase is required a minimum of fourteen (14) days prior to travel. Blackout dates apply: 20Nov12–21Nov12, 25Nov12–26Nov12, 21Dec12–23Dec12 and 01Jan13–02Jan13. Fares are non-refundable. Exchanges are permitted for other rail fare purchases. Seats are limited and fares may not be available on all trains at all times. Not valid for onboard purchase. Not combinable with any other discount offer. Up to two children ages 2-15 may accompany each adult at half the (full) adult rail fare. Fares, routes and schedules are subject to change without notice. Other restrictions may apply. Earn double points on qualifying Amtrak travel from September 5, 2012, 12:00:00am CT through November 16, 2012, 11:59:59pm CT. Must be an Amtrak Guest Rewards member and register for this offer online at [AmtrakGuestRewards.com/DoubleDays](http://AmtrakGuestRewards.com/DoubleDays) to participate. Members must include their membership number when making reservations for travel to qualify. Limit of two qualifying one-way trips per day. Amtrak Guest Rewards points will not be awarded for cancelled or refunded reservations or tickets. Other terms and conditions may apply. Amtrak, Enjoy the journey, Amtrak Guest Rewards and Northeast Regional are service marks of the National Railroad Passenger Corporation.



## In the news

## Japanese firms shut China plants after protests

SHANGHAI. Some major Japanese brand name firms announced factory shutdowns in China yesterday and urged expatriates to stay indoors ahead of what could be more angry protests over a territorial dispute between Asia's two biggest economies.

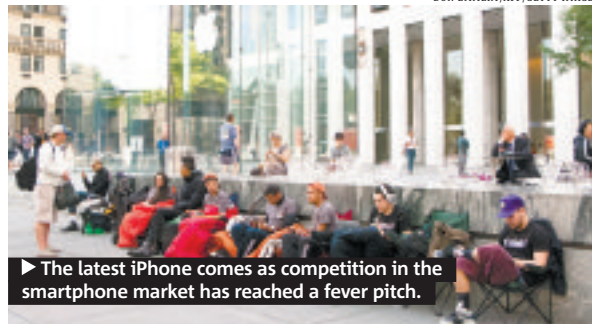
China's worst outbreak of anti-Japan sentiment in decades led to weekend demonstrations and violent attacks on well-known Japanese businesses such as car makers Toyota and Honda, forcing frightened Japanese into hiding and also prompting Chinese state media to warn that trade relations could now be in jeopardy between the nations. **REUTERS**

# Apple sells 2 million new phones, sets early order record

Apple booked orders for over 2 million iPhone 5 models in the first 24 hours, reflecting a higher-than-expected demand for the consumer device giant's new smartphone and setting it up for a strong holiday quarter.

The company said yesterday that pre-orders outstripped initial supply but it would deliver most phones as planned by Friday, the first day of delivery. Many would not be available until October, however.

It is not unusual for Apple products to sell out the first day, but this time around Apple has doubled its first-day sales record. Last October, the company booked 1 million orders for the iPhone 4S in the first 24 hours. That had beaten Apple's previous one-day record of



DON EMMERT/AFP/GETTY IMAGES

► The latest iPhone comes as competition in the smartphone market has reached a fever pitch.

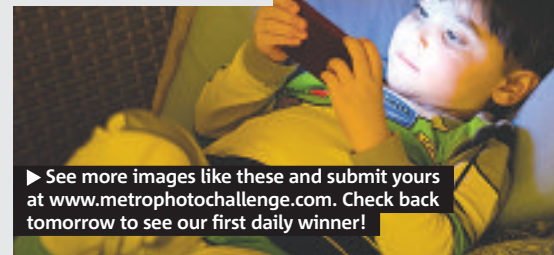
600,000 sales for the iPhone 4. Shares of Apple were up 0.8 percent at \$697 each in afternoon trading on Monday.

The strong preorders could mean a huge holiday quarter for Apple as the iPhone — its marquee device — accounts for half of Apple's revenue.

Apple will make initial deliveries of the iPhone 5 by Sept. 21 in the United States and most of the major European markets, such as France, Germany and the United Kingdom. The phone then goes on sale on Sept. 28 in 22 other countries.

**REUTERS**

## Metro Photo Challenge



► See more images like these and submit yours at [www.metrophotochallenge.com](http://www.metrophotochallenge.com). Check back tomorrow to see our first daily winner!

## Submissions from day one

Submit your best photos to the world's largest photo competition and have the chance of getting published here! [metrophotochallenge.com](http://metrophotochallenge.com)



metro  
PHOTO  
CHALLENGE

## GREAT SAVINGS, CHECKING & CD RATES!

### APPLE ADVANTAGE SAVINGS OR MONEY MARKET\*

# 0.80%

APY†

for balances of \$10,000-\$499,999  
Grand Yield Advantage NOW Checking required - 0.70% APY\*\*

### GRAND YIELD NOW CHECKING\*\*

# 0.70%

APY†

No other account required

### 3 YEAR CD\*\*\*

# 1.15%

APY†

\$500 minimum to open and earn interest

Apple Bank

Established 1863 · Member FDIC

One of America's Strongest Banks · Rated ★★★★★ by Bauer Financial for 12 consecutive years

Visit one of our 50 branches · [www.applebank.com](http://www.applebank.com) · 1-914-902-APPLE

\*For Apple Advantage Savings and Money Market Accounts (MMA), interest earned on daily balances of \$1 or more at these tiers: \$1-\$9,999: 10% Annual Percentage Yield (APY); \$10,000-\$24,999: 0.80% APY; \$25,000-\$49,999: 0.80% APY; \$50,000-\$99,999: 0.80% APY; \$100,000-\$499,999: 0.80% APY; \$500,000 or more: 10% APY. To earn stated APY, you must maintain an active Grand Yield Advantage (GYA) NOW Checking Account with a minimum of six customer transactions per statement cycle (such as checks written, direct deposit and debit card purchases), otherwise the APY earned will be reduced to that being paid on the lowest balance tier. Once your GYA NOW Checking resumes required activity, the APY on your Apple Advantage (AA) Savings or MMA will be restored to the corresponding balance tier beginning with the next statement cycle. At our discretion, the APY on your linked AA Savings or MMA may also be lowered and/or your account closed if required transactions in the GYA NOW Account are repeatedly only nominal and/or offsetting deposits and withdrawals. For AA Savings or MMAs, \$10,000 minimum deposit required to open and avoid \$25 monthly maintenance fee. \*\*Grand Yield NOW and Grand Yield Advantage NOW Checking may be opened with \$100 minimum deposit. \$2,500 minimum daily balance required to earn stated 0.70% APY and avoid monthly maintenance fee. See specific account disclosure for details. Fees may reduce earnings. Funds used to open AA Savings/MMAs and Grand Yield NOW and Grand Yield Advantage NOW Checking Accounts cannot be from an existing Apple Bank account. \*\*\*CDs require minimum deposit of \$500 to open and earn interest. Early withdrawal penalties may apply. Accounts must be opened in person at an Apple Bank branch. †Annual Percentage Yields (APYs) stated are effective as of September 18, 2012 and may be changed by the Bank at any time.



## move in now luxury living in Rego Park, Queens

Featuring incomparable finishes and amenities like Euro-style kitchens, in unit washer/dryers and expansive viewing windows, the Contour is the new shape of luxury and ultimate style.

1 Bedrooms from \$2,150

2 Bedrooms from \$2,600

Call today to experience these astonishing rentals.

888.603.9037

[contourapts.com](http://contourapts.com)

the  
contour

Kings and Queens Leasing LLC. Licensed Real Estate Broker.  
Pricing and availability subject to change without notice.

97-45 Queens Boulevard  
Rego Park, NY 11374





**ONLY  
3  
DAYS!**

**BUYING EVENT THIS WEEK AT THE NEW YORKER HOTEL**

**STARTS  
TOMORROW  
9AM TO  
7PM**

# BIG MONEY PAID FOR

# GOLD & SILVER

**WEDNESDAY, SEPTEMBER 19 • THURSDAY, SEPTEMBER 20 • FRIDAY, SEPTEMBER 21**

## GOLD

**ALL FORMS NEEDED!  
WE BUY BROKEN  
& DAMAGED GOLD!**

CLASS RINGS.....UP TO \$500  
CHAINS/NECKLACES.....UP TO \$6,000  
BRACELETS.....UP TO \$13,000  
WEDDING BANDS.....UP TO \$1,000  
DIAMOND WEDDING BANDS.....UP TO \$8,000  
MOUNTINGS.....UP TO \$900  
ANTIQUE ITEMS.....UP TO \$6,000  
DENTAL GOLD.....UP TO \$800  
SCRAP GOLD.....BRING IN FOR QUOTE

## FINE JEWELRY

**All Kinds, Time Periods & Type**  
**We will pay up to the following for  
rare or collectible jewelry:**

PLATINUM.....BRING IN FOR A QUOTE  
SILVER JEWELRY.....UP TO \$750  
BROOCHES.....UP TO \$15,500  
PENDANTS.....UP TO \$8,000  
NECKLACES.....UP TO \$26,000  
COCKTAIL RINGS.....UP TO \$15,000  
CHARM BRACELETS.....UP TO \$7,000  
EARRINGS.....UP TO \$10,500  
CUFFLINKS.....UP TO \$1,500

**DONT MISS THIS GREAT OPPORTUNITY. SELL NOW WHILE  
GOLD IS AT INCREDIBLE HISTORICALLY HIGH PRICES**

## SILVER

FULL FLATWARE SET.....UP TO \$8525  
SINGLE FLATWARE ITEMS.....UP TO \$775  
PUNCH BOWLS & SETS.....UP TO \$5025  
WATER PITCHERS.....UP TO \$5000  
CENTERPIECES & EPERGNE.....UP TO \$8025  
TEA SETS.....UP TO \$10,525  
TRAYS.....UP TO \$3000  
CANDELABRA.....UP TO \$2,500  
TABLE CANDLESTICKS.....UP TO \$525  
EPERGNE.....UP TO \$8025  
MEXICAN SILVER.....UP TO \$5000  
TROPHIES.....UP TO \$1525  
CLARET JUGS.....UP TO \$775

**PAYING HIGH PRICES FOR  
ALL FORMS OF STERLING SILVER**

## DIAMONDS

1/4 CARAT.....UP TO \$1,000  
1/2 CARAT.....UP TO \$5,000  
1 CARAT.....UP TO \$15,000  
2 CARAT.....UP TO \$50,000  
3 CARAT.....UP TO \$150,000

**BRING YOUR ITEMS IN FOR A FREE  
EXPERT EVALUATION**



## COINS

## US & INTERNATIONAL

### GOLD COINS

\$1.00 1849 TO 1889.....UP TO \$10,525  
\$2.50 1796 TO 1834.....UP TO \$18,025  
\$2.50 1840 TO 1929.....UP TO \$5025  
\$3.00 1854 TO 1889.....UP TO \$10,525  
\$5.00 1795 TO 1833.....UP TO \$52,000  
\$5.00 1834 TO 1838.....UP TO \$10,525  
\$5.00 1839 TO 1908.....UP TO \$6525  
\$5.00 1908 TO 1929 (INDIAN).....UP TO \$6525  
\$10.00 1795 TO 1804.....UP TO \$20,525  
\$10.00 1839 TO 1932.....UP TO \$8025  
\$20.00 1850 TO 1933.....UP TO \$10,525  
\$50.00 1851 TO 1852.....UP TO \$15,525  
\$50.00 1915 PAN-PAC.....UP TO \$26,525

### COMPLETE SETS

FLYING EAGLE-INDIAN CENT.....UP TO \$7500  
LINCOLN CENTS.....UP TO \$5000  
BUFFALO NICKELS.....UP TO \$12,550  
BARBER DIMES.....UP TO \$10,050  
MERCURY DIMES.....UP TO \$10,050  
STANDING LIBERTY 25c.....UP TO \$12,550  
WALKING LIBERTY 50c.....UP TO \$12,550  
MORGAN DOLLARS.....UP TO \$50,050  
PEACE DOLLARS.....UP TO \$10,050  
50 PC. COMMEMORATIVE SILVER.....UP TO \$25,050  
HUGE PREMIUMS PAID FOR US COINS  
DATED 1793-1807  
ALL PRICES PAID BASED ON  
CONDITION & RARITY



## WATCHES & POCKET WATCHES

REGULAR WATCHES.....UP TO \$10,050  
CHRONOGRAPH WATCHES.....UP TO \$15,050  
E. HOWARD & CO.....UP TO \$11,550  
ROLEX.....UP TO \$20,050  
TIFFANY & CO.....UP TO \$70,050  
POCKET WATCHES.....UP TO \$50,050  
AUDEMARS PIGUET.....UP TO \$30,050  
ELGIN.....UP TO \$650  
HAMILTON.....UP TO \$250  
MOVADO.....UP TO \$2050  
ALL OTHERS.....UP TO \$25,050

**We also purchase watches that are NOT in  
working order in Gold, Silver & Platinum.**  
**ALL KINDS, ALL TIME PERIODS, ALL TYPES  
OF WATCHES WANTED. HIGH DEMAND=TOP DOLLAR**



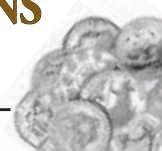
## SILVER DOLLARS

1794 TO 1803.....UP TO \$50,050  
1836 TO 1839.....UP TO \$5050  
1840 TO 1873.....UP TO \$5050  
TRADE DOLLARS.....UP TO \$2550  
1878 TO 1904.....UP TO \$12,550  
1921 TO 1935.....UP TO \$5050

## SILVER COINS WANTED!

**1964 or prior**

**PROOF COINS**



**INSTANT CASH  
FOR ALL VALUABLES**

**VISIT OUR SAFE & SECURE LOCATION  
AT THE NEW YORKER HOTEL**  
**481 Eighth Ave. @ 34th St., NYC**  
4th Floor Conference Level, Wall Street Suite B  
EASY TO REACH BY SUBWAY **A C E** AT 34TH STREET, PENN STATION

**FREE EVALUATION, FREE ADMISSION**  
**No Appointment Needed, Security on Site**

**OR VISIT OUR LONG ISLAND OFFICE**  
**287 ROCKAWAY TPKE., LAWRENCE, NY 11559**  
**OPEN 7 DAYS A WEEK**  
**FROM 10AM-6PM**

**TRUST THE  
ORIGINAL!  
BEWARE OF  
IMITATORS!**

**NEW YORK  
GOLD  
RUSH**

**LICENSED, BONDED & INSURED**

**Se Habla Español**

For information call 888-878-7422

**WWW.NEWYORKGOLDRUSH.COM**

Offers are based on rarity and condition. All listed "up to" prices reflect the rarest, most outstanding items. All offers based on buyers judgment and discretion.  
NY Gold Rush buyers always do their best to treat you and your merchandise with the utmost respect and professionalism. Our reputation for customer satisfaction is evidenced by our large number of repeat and referral customers, who have come to expect pleasant and fair treatment.



# Chicago's Emanuel goes to court over teachers strike

Chicago Mayor Rahm Emanuel's effort to use the courts to get a quick end to a strike by thousands of public school teachers stalled Monday as the walkout moved into a second week.

Larry Dinardo, a lawyer for the school district, said Circuit Court Judge Peter Flynn would not set a hearing yesterday on the mayor's complaint that the strike was illegal. Lawyers said the judge may set it for today.

Striking teachers were due to meet yesterday to decide whether to end the strike after delaying a decision on Sunday. Picketing at dozens of schools by teachers continued on Monday but was thinned by the Rosh Hashanah holiday.

The Chicago Public Schools

filed a complaint in circuit court against the Chicago Teachers Union seeking a preliminary injunction "to end the strike immediately" citing two reasons: danger to "public health and safety" of the students and alleged violation of Illinois state law that prohibits strikes except for wages and benefits.

"State law expressly prohibits the CTU from striking over non-economic issues, such as layoff and recall policies, teacher evaluations, class sizes and the length of the school day and year," the school district said in a statement. "The CTU's repeated statements and recent advertising campaign have made clear that these are exactly the subjects over which the CTU is striking." **REUTERS**



► Striking Chicago public school teachers picketed once again yesterday.

## In the news

### Sandusky to be sentenced after Oct. 9 predator hearing

**PENNSYLVANIA.** Convicted child molester Jerry Sandusky will face sentencing immediately after an Oct. 9 hearing to determine if the former Penn State assistant football coach is a sexually violent predator, a judge said yesterday.

The hearing will be held at the Centre County Courthouse in Bellefonte. Judge John Cleland said in an order published online. A sentencing conference will be held Oct. 8.

Sandusky, 68, was convicted in June of 45 counts of child molestation. Three men who were abuse victims are now suing the university. **REUTERS**

## join before you start talking to chairs.

Exercise keeps the mind sharp.  
Hurry in for our lowest rates of the year.



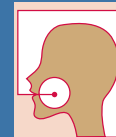
**new york sports clubs®**

MySportsClubs.com

**RATE-LOCK GUARANTEE**  
Your monthly dues will never increase.

**OPEN HOUSE • SEPTEMBER 19**  
Work out FREE!

Missing teeth?  
Are you tired of loose dentures?  
**WE CAN HELP!**



**KALMAN**  
ORAL SURGERY  
& IMPLANT CENTER



**Dr. Doron Kalman**  
Diplomate, American Board of Oral & Maxillofacial Surgery

**FREE IMPLANT CONSULTATION WITH THIS AD!**

- Extraction of Wisdom Teeth
- Dental Implants
- Bone Grafting
- Anesthesia
- Pathology/Diseases of Oral/Maxillofacial Region
- Temporomandibular Joint Disease
- Laser Surgery
- 3- Dimensional conebeam scans to aid with implant placement.
- Over 1,600 Implants placed.
- We will work closely with your dentist for the restoration of implants.



**Ph: 718-897-6400**

**Fax: 718-997-9710**

60-70 Woodhaven Blvd.  
Unit C-2 Elmhurst, NY 11373  
[www.queensoralsurgeons.com](http://www.queensoralsurgeons.com)



Please visit our facebook page, "Kalman Oral Surgery" for photos and more information about our state of the art facility.



# FINALLY A SOLUTION TO GET RID OF THE PAIN IN YOUR LEGS AND FEET

*Patients suffering from symptoms caused by Peripheral Neuropathy*

## *Do you suffer from any of the following symptoms?*

- Numbness
- Leg cramping
- Difficulty sleeping from leg & foot discomfort
- Burning pain
- Pain when you walk
- Prickling or tingling of the feet or hands
- Sharp electrical-like pain

If you are experiencing any of these symptoms in your feet or hands, they are likely attributed to a condition called Neuropathy. Peripheral Neuropathy is a very common condition that affects 20 million Americans and once identified, can be successfully treated. No matter how long you have dealt with the daily misery of these painful symptoms, Dr. Nick Ungaro, D.C. invites you to sit down and explore the reality of relieving your pain. Here at Better Body Solutions, we perform a treatment protocol that has proven to provide pain relief where others have failed. Live a normal life again and enjoy the little things you have missed out on.

*"I was in constant pain from my neuropathy. The results have been wonderful. After just a few days, I began to notice a big difference in the way my legs felt. I started sleeping better and was able to walk down the street without any pain. I plan on telling everyone about this treatment...THANK YOU for allowing me to enjoy life again."*

— Dale F.

*Call now to change your life.  
You can live pain free.*

**SPACE IS LIMITED TO THE FIRST 30 CALLERS!**  
*Call today to schedule your Evaluation.*

# 917-790-0640

## BETTER BODY SOLUTIONS

535 5th Avenue, Suite 920, New York, N.Y. 10017

- Covered by most insurance companies including Medicare
- Treatment is Safe, Easy and requires NO surgery
- Call today if you experience any degree of pain or discomfort
- Start living your life pain free!

Disclaimer: Due to Federal Law some exclusions may apply.  
Copyright © Epic Marketing 2012



## News in brief



► Romney and Sen. Marco Rubio

### Romney seeks to blunt Obama's edge by wooing away swing-state Latinos

With 50 days left before Election Day, Mitt Romney's campaign is promising more policy specifics as the Republican presidential nominee also tries to cut into President Barack Obama's support among Hispanic voters. The Romney reset comes as he's lost ground in polls following the political conventions in late August and early September and after the debate — at least temporarily — shifted to foreign policy following the death of a U.S. ambassador in Libya.

"We do think the timing is right at this moment to reinforce the specifics, more specifics, of the Romney plan for a stronger middle class," senior Romney adviser Ed Gillespie told reporters on a conference call yesterday.

Gillespie called the change a "natural progression" after voters learned more about Romney's biography during the Aug. 27-30 Republican Na-

tional Convention in Tampa, Fla. He said the effort wouldn't outline new policies and instead would seek to help voters better understand Romney's plans via speeches, surrogate appearances and paid advertising.

A poll released Sept. 14 by CBS News and The New York Times showed Obama with a 3-percentage-point edge, and surveys in battleground states have shown even larger margins. **BLOOMBERG**

### Obama crams for debates, works on being concise

On long flights to swing states in the West and late nights at the White House after his children have gone to bed, President Barack Obama is cramming like a student for a test that could determine his political future.

The subject? His opponent, Republican presidential nominee Mitt Romney. The test? His face-off with the former Massachusetts governor at their first one-on-one debate next month. With the race still tight despite Obama's slight lead in the polls, the stakes are high for both men to perform well at the three debates this fall and gain momentum toward sealing the Nov. 6 election.

Forced to juggle his governing and campaigning responsibilities, Obama is squeezing in debate prep when he can.

"We don't have the same luxury that Romney does in terms of time," Obama's chief campaign strategist David Axelrod said. **REUTERS**

# Defense, tech back Obama's campaign; financial folks walk

BRENDAN SMIALOWSKI/AFP/GETTY IMAGES



► President Barack Obama speaks during a campaign event at Eden Park on Sept. 17 in Cincinnati.

### Quoted

**"It's a sign that incumbents really attract a lot of money. ... The way you try to influence the administration is by giving to his campaign."**

ALLISON

to more than \$500 billion in automatic cuts during the next decade if Congress and the administration don't reach a new agreement.

The telecommunications industry has received broad support from Obama, whose stimulus bill included \$6.9 billion to expand high-speed wireless Internet access.

As for health care, the administration worked with stakeholders such as drug companies and hospitals in developing his plan and "they're

comfortable with Obama's policies," Fenn said.

Checks from those workers have helped Obama out-raise his Republican challenger, Mitt Romney.

Both Obama, with high-tech and Hollywood, and Romney, with agriculture and energy, have drawn financial support from industries that traditionally support their respective parties.

Employees at the three biggest defense-contractors, Lockheed Martin Corp. (LMT), Boeing Co. (BA), and Northrop Grumman Corp. (NOC), have contributed \$187,523 to Obama and \$124,375 to Romney. Defense analyst Bryon Callan of Washington-based Capital Alpha Partners LLC said defense workers have two reasons for backing the incumbent: Many are members of unions and the president hasn't sought to gut the Pentagon's budget.

"The Obama administration has not been bad for the defense industry," Callan said. "There haven't been any big program kills. People are considering this along traditional party lines." **BLOOMBERG**

## Metropolitik

## MICHAEL J. FROSCH

POLITICAL CORRESPONDENT FOR METRO



# HOW MUCH CAN A LINE REALLY DO?

The prime minister of Israel, Benjamin Netanyahu, strongly urged the U.S. this weekend to openly threaten Iran with military force unless it ceases its "nuclear activities" by a specific date, an ultimatum the media has permitted Netanyahu to euphemistically call a "red line."

Netanyahu argued that a U.S. ultimatum would "actually reduce the chance of a military conflict because, if [Iran] knows there's a point, a stage in the enrichment or other nuclear activities that they cannot cross because they'll face consequences, I think they'll actually not cross it," adding that "Iran has received some clear 'red lines' on a number of issues, and they backed off of them." Netanyahu apparently believes the U.S. can bluff Iran out of its nuclear ambitions, but then blows the whole strategy by giving it away on TV. Oops! Let's hope Ahmadinejad's DVR was full.

Of course, Netanyahu's entire argument is disingenuous nonsense, and he knows it. Netanyahu admits that Iran is a rational actor — that its government will act sensibly to protect Iran's interests and survival. Netanyahu even points to Iran's

### Quoted

**Netanyahu apparently believes the U.S. can bluff Iran out of its nuclear ambitions, but then blows the whole strategy by giving it away on TV. Oops! Let's hope Ahmadinejad's DVR was full.**

track record of responding rationally to threats by backing down.

Shouldn't it be enough of a threat, then, that Israel has the capacity for mutually assured destruction? If Iran were ever to use nuclear weapons against Israel, it could never prevent Israeli submarines from obliterating Iran with its own nukes in retaliation. To attack Israel is literally suicide. What more can the U.S. add to the promise of total nuclear annihilation in order to dissuade Iran from using its nuclear capabilities to harm Israel?

On the other hand, if Netanyahu actually believes Iran is crazy enough to martyr its entire population of 75 million people, then surely Iran is crazy enough to defy a U.S. ultimatum. Either way, Netanyahu's proposal is ludicrous and an obvious attempt to push Iran to the forefront of the U.S. election.

During his interview on "Meet the Press," host David Gregory introduced Netanyahu as the "leader of the Jewish people," which he later corrected to "leader of the Jewish state." Unfortunately, it is precisely this mistake that Netanyahu is counting on.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

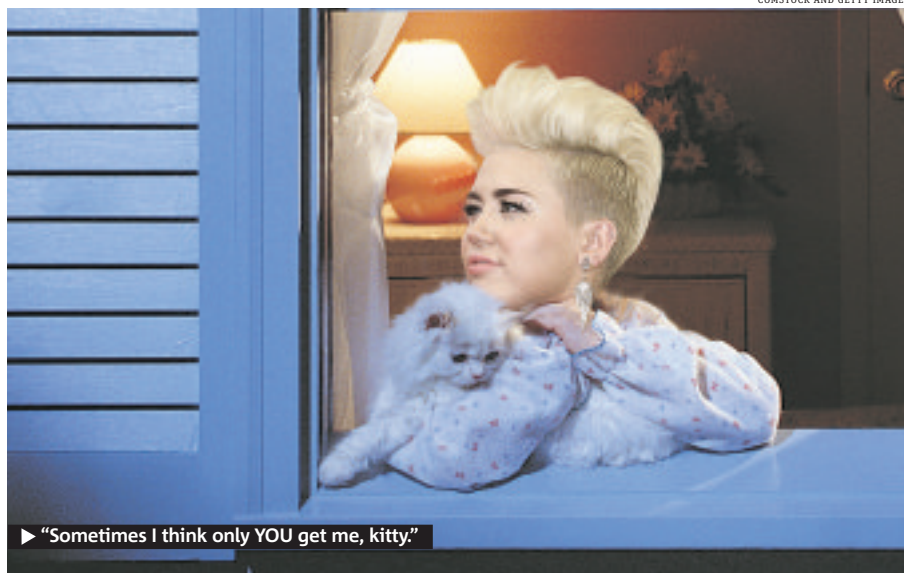


# THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip [t @dorothyatmetro](#) [✉ dorothy.robinson@metro.us](#)

## Even millionaires get the blues, Miley

COMSTOCK AND GETTY IMAGES



► "Sometimes I think only YOU get me, kitty."

Life is so hard for millionaire **Miley Cyrus**.

The starlet got a bit mopey the other night with a series of introspective (stoned?) posts to Twitter, causing fans to worry about her happiness. "Ever feel like you want just ... something more? Not sure what exactly. Passion perhaps?" she

tweeted. "Sometimes I feel like I love everyone more than they love me. Hate that feeling. Maybe it's not that they love you less. They just love you the most they are capable of loving." But Cyrus was quick to clear up any confusion over the state of her engagement to **Liam Hemsworth**, posting, "No,

there is not trouble in paradise."

Anyone else read this and picture Miley posting this to Twitter while gazing wistfully out the window while a lone tear streaks down her face, coming to rest on her \$1,000 intentionally distressed Marc Jacobs sweater?

### LuAnn De Lesseps is trying for a baby. Ha!

**LuAnn De Lesseps** is so ridiculous I don't even want to waste my energy writing about her. But I will, as it my sacred duty to you, my reading public. Apparently (and no way this can be real), the 47-year-old former countess is getting IVF treatments along with her 37-year-old French boyfriend **Jacques**, the man whom she was just caught possibly cheating on while at a trip to St. Barts.

"We're moving forward. I'm going to try IVF," LuAnn says. She then makes a crack that Jacques thinks IVF means "Israeli Defense Fund." (You sure you want to fakely procreate with this dude, LuAnn?)

"LuAnn is either trying to sell me on the story that everything is perfect or she's trying to sell herself," her co-star, **Heather**

**Thomson**, said on a recent episode of "The Real Housewives of New York City" in a moment of surprising insight.

Or, you know, she's trying to sell a desperate, untrue plot point made up by a team of diabolical producers at Bravo.



Like getting blood from a stone ...

# 2



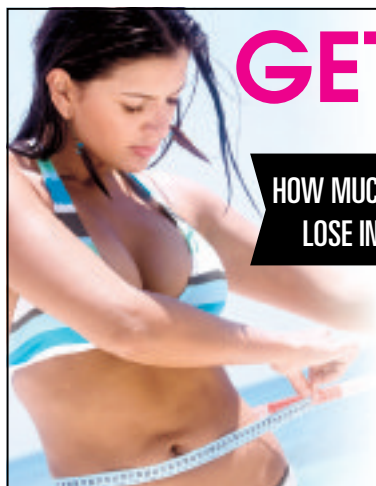
### The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

**@SandraBernhard** the #x-factor watched it standing up just long enough to catch the tiny beiber look alike get much love from #britneyspears heart wrenching

**@JonahHill** Listening to Necro for the first time since high school while pulling an all Nighter on Wolf Of Wall Street. Starting to get loopy.

**@SethMacFarlane** You kids don't remember, but once there were sitcoms about something other than gay guys.



HOW MUCH CAN YOU LOSE IN 6 WEEKS?

## GET YOUR BODY BACK!

- TOP MD BOARD CERTIFIED INTERNIST-ADMINISTERED WEIGHT LOSS PROGRAM
- FAST, HEALTHY AND SAFE WEIGHT LOSS
- PROGRAM IS PERSONALIZED TO YOUR OWN METABOLISM AND LIFESTYLE
- WE USE LATEST TECHNOLOGY WITH NEW BODY COMPOSITION ANALYSIS (BCA)
- NEW FAT-BURNING COMPOUNDS
- 6 WEEK OR 12 WEEK PROGRAMS TAILORED FOR YOU
  - ~ ACCELERATED PLANS AVAILABLE
  - ~ PACKAGE PRICES AVAILABLE

**\*SCHEDULE YOUR \$35 CONSULTATION TODAY TO FIND OUT HOW MUCH WEIGHT YOU CAN LOSE IN 6 WEEKS**

**MANHATTAN MEDICAL WEIGHT LOSS PHYSICIAN**

110 EAST 40TH ST., SUITE 606 NEW YORK, NY 10016

**(212) 490-7700**

MANHATTANMEDICALWEIGHTLOSSPHYSICIAN.COM





### Scenes from this year's NCLR ALMA Awards

**1** Hosts **George Lopez** and **Eva Longoria** hammed it up for the cameras Sunday on the red carpet. The NCLR ALMA highlights the best American Latino contributions to music, television and film. Catch it on NBC this Friday.

**2** Singer **Christina Aguilera** showed off her figure in a black lace Michael Kors gown. The singer took home multiple statuettes.

**3** Rapper **Flo Rida** and **Roselyn Sanchez** (not pictured) performed the hit "I Cry."

**4** Actress **Madeleine Stowe**, whose family hails from Costa Rica, was nominated for her role on "Revenge."

**5** Actors **Wilmer Valderrama** and **America Ferrera** presented the Favorite TV Actress Comedy award.

1. GREGG DEGUIRE/WIREIMAGE  
2,4,5,6. KEVIN WINTER/GETTY IMAGES FOR NCLR  
3. JESSE GRANT/GETTY IMAGES FOR NCLR



## DENTAL IMPLANTS



**\$395\*** +Post \$595  
+Crown \$795  
**per Implant** Total \$1,785

\*Implant, abutment & crown must be completed at our office to qualify for promotional fees

**Speak with your Smile Today!** Expires 9/30/12

### Contemporary Dental Implant Centre



**8 Convenient Locations**

41st & Madison Avenue • Brooklyn  
Valley Stream • Smithtown (Suffolk County)  
Massapequa Park • Scarsdale  
Rego Park • Wall Street

CT Scan-3D Views of the Jaw now available at our Madison Ave. location.

**FREE CONSULTATION**  
Over 2,000 implants placed each year.

**NEW PATIENTS ONLY**  
Must bring in ad at the time of consultation.

**CALL 212-269-9500 TODAY!**

Se Habla Español

www.395DentalImplant.com

OPEN 7 DAYS A WEEK

## Professional Foot Care Specialist

*20 Years of Experience*

- State of the art non-surgical treatment for foot and heel pain
- Minimal invasive procedures for corrections of bunions and hammertoes
- Weekend and evening appointments available
- Most insurance plans honored
- Free consultation ■ Non-injection therapy for heel pain
- **1 2 3 A B C 4 5 6 N R**

**New Cutting Edge Laser for Toe Nail Fungus!**  
**ONLY \$500**

Expires 9/30/12  
Redeem with ad

Offices of Dr. Jeffrey Rosenblatt, DPM • Dr. Larry Cohen, DPM

225 Broadway, Suite 1420  
New York, NY 10007  
212-385-3800  
(Financial District)

375 Jay St., 2nd FL  
Brooklyn, NY 11201  
718-875-9251  
(Metrotech)

Grand Central-Midtown  
15 West 44 St., 8th FL  
New York, NY 10036  
212-391-1279

Long Island Location  
543 Hempstead TRK  
West Hempstead, NY 11552  
516-292-0023

Convenient Lower Manhattan & Brooklyn Locations!





**Leaders  
don't always  
fit the mold.**

**Neither should your degree.  
The Online MS in Business Management  
and Leadership**

**INFO SESSION: Sept. 19th @ 6pm  
365 5th Ave., Room C-197 ■ NYC**

**CU  
NY**

**School  
of  
Professional  
Studies**

The City University of New York

[sps.cuny.edu/leaderinfo](http://sps.cuny.edu/leaderinfo)



my metro

NYC's #1 FREE DAILY

TUESDAY, SEPTEMBER 18, 2012

15

**Fall TV Guide: Tuesdays**

# Which Tuesday sitcom is for you?

## The shows

### 'Go On'

Matthew Perry stars as a recently widowed sportscaster who finds wacky but loving new friends in a grief support group. 9 p.m., NBC

### 'The New Normal'

Every family has a little crazy in it; the loose screw comes in the form of a bigoted grandma (Ellen Barkin) in this sitcom. A committed gay couple (Andrew Rannells and Justin Bartha) hiring a single mom (Georgia King) to carry their child may seem untraditional, but their situation is full of love (and some biting funny moments) regardless. 9:30 p.m., NBC

### 'Ben and Kate'

Slacker Ben (Nat Faxon) and frazzled single mom Kate (Dakota Johnson) are odd couple/best friend siblings who become roommates when perennial couch surfer Ben moves in for good. Their affectionately antagonistic relationship will ring true if you grew up close to a brother or sister you also wanted to strangle. Premieres Sept. 25, 8:30 p.m., Fox

### 'New Girl'

As Jess' (Zooey Deschanel) "adorkable" factor was toned down and focus was put on her friendship with her male roommates (Max Greenfield, Jake Johnson and Lamorne Morris, who proved just as capable playing goofy as their female counterpart), "New Girl" grew to become last season's best buddy comedy — complete with a drinking game, "True American." Premieres Sept. 25, 9 p.m., Fox

### 'The Mindy Project'

The reasons we fell in love with "New Girl" apply here —

Mindy (Mindy Kaling), an ob-gyn who doesn't look like she's moonlighting as a runway model, is successful in her professional life but a total failure when it comes to love. A vet of "The Office," Kaling brings optimism to the most cynical comedy — the New York City dating scene — even if she does resort to taking advice from a toy. Premieres Sept. 25, 9:30 p.m., Fox

### 'Raising Hope'

The Chance family (Cloris Leachman, Martha Plimpton, Garret Dillahunt, Lucas Neff) thrives on chaos. Though the show often hits on white-trash humor, what the family lacks in funds — or smarts — they make up for in heart. Premieres Oct. 2, 8 p.m., Fox

### 'Happy Endings'

The perpetually single Penny (Casey Wilson) would doubtlessly be besties with Jess and Mindy over on Fox. Instead, she has five other friends (Eliza Coupe, Elisha Cuthbert, Zachary Knighton, Adam Pally, Damon Wayans Jr.) willing to share a couch or drink until her perfect guy arrives — that is, if she doesn't drive them crazy with her annoying "abbrevs." Premieres Oct. 23, 9 p.m., ABC

### 'Don't Trust the B---- in Apartment 23'

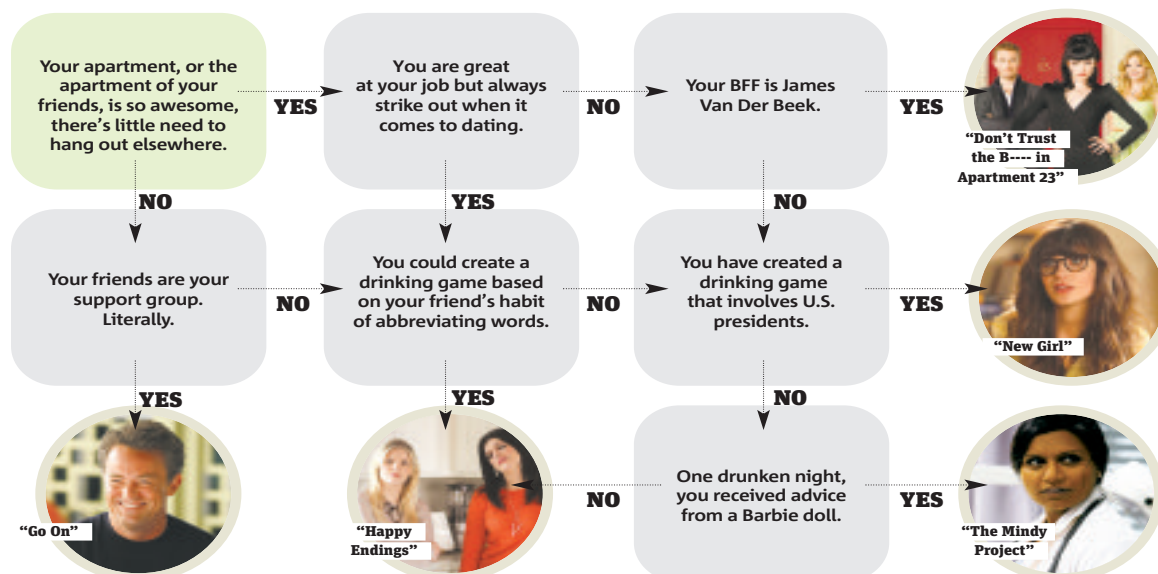
If it weren't for con artist Chloe's (Krysten Ritter) loyalty to equally egotistic pal James Van Der Beek (playing a heightened version of himself) or admiration for new roomie June (Dreama Walker), who lost her big-time NYC gig but won't let the city get her down, she really would be a queen B. Premieres Oct. 23, 9:30 p.m., ABC



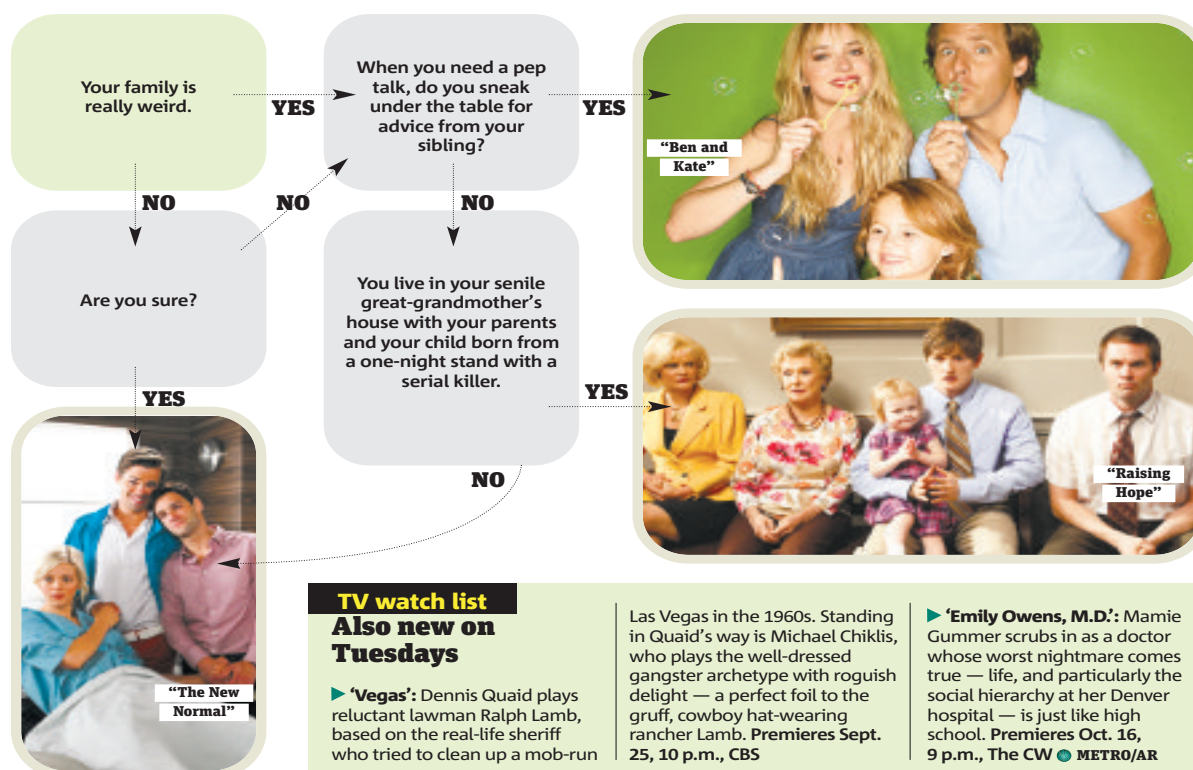
**AMBER RAY**  
[amber.ray@metro.us](mailto:amber.ray@metro.us)

► The night is crowded with comedy this fall ► Thanks to our handy flowchart, DVR overload is a thing of the past ► To start, choose whether you prefer the company of friends or family

## If you prefer to hang out with friends...



## If you prefer to hang out with family...



## TV watch list Also new on Tuesdays

► **'Vegas':** Dennis Quaid plays reluctant lawman Ralph Lamb, based on the real-life sheriff who tried to clean up a mob-run

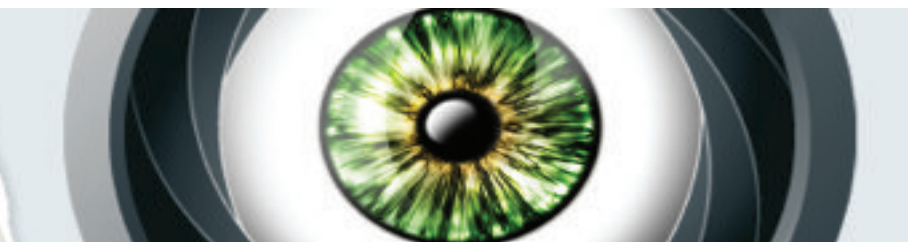
Las Vegas in the 1960s. Standing in Quaid's way is Michael Chiklis, who plays the well-dressed gangster archetype with roguish delight — a perfect foil to the gruff, cowboy hat-wearing rancher Lamb. Premieres Sept. 25, 10 p.m., CBS

► **'Emily Owens, M.D.:** Mammie Gummer scrubs in as a doctor whose worst nightmare comes true — life, and particularly the social hierarchy at her Denver hospital — is just like high school. Premieres Oct. 16, 9 p.m., The CW ► **METRO/AR**





Submit your best  
photos today!  
[www.metrophotochallenge.com](http://www.metrophotochallenge.com)



16

my metro

NYC's #1 FREE DAILY

TUESDAY, SEPTEMBER 18, 2012

mystyle

## DENTAL CENTER

IN THE  
CHRYSLER BUILDING  
42ND AND LEXINGTON

### Invisalign Special

**\$3699** for a full treatment

**\$2699** for an express treatment

Please call for a consultation appointment.

EMERGENCIES WELCOME

[www.kakosiandental.com](http://www.kakosiandental.com)

**888-711-0267**

*Grand Opening*

NEW OFFICE

204 East 35th St Bet 2nd & 3rd

**Invisalign Special**

**\$3699**

for September Only!!



## London Fashion Week

### Punk meets sophistication at LFW

The Spring show cycle  
continues across the pond.  
We'll have updates on all the  
best shows from the Brits.

**1 Topshop Unique:**  
Chic, sheer and  
monochrome with a  
dash of sparkle was the  
mainstay of the Topshop  
Unique collection. The  
Unique label seems to be  
growing up with  
sophisticated looks like the  
fluid, windowpane check  
shifts worn with buttercup-  
yellow boyfriend jackets,  
while pajama-esque pieces  
looked relaxed and airy. A  
few sheer numbers with cut-  
out-style blocks of white or  
black fabric and  
asymmetrical-zipped dresses  
added some edge. But a  
Topshop girl's got to have



fun, and that's where the  
sequin pieces came into play.

**2 Vivienne Westwood:**  
Vivienne Westwood  
stands up for what she  
believes in like some kind of  
21st-century Boudica.  
Fittingly, the designer, a  
champion of environmental  
causes, stepped out at the  
end of her Spring show  
wearing a T-shirt stating  
"Climate Revolution,"  
ghastly underwear, a  
painted-on handlebar  
'stache, a black ring scrawled  
around her left eye, and a  
Stephen Jones hat — quite a  
sight. The show itself  
consisted of '50s-inspired,  
ladylike pieces: cocktail  
dresses, Jacquard skirt suits,  
head scarves and twinsets.  
Model's faces were accented  
with yellow, green, pink and  
blue makeup. It was all  
pretty pared down for  
Westwood, but then there  
was a live performance by  
Rooster with the designer's  
muse, Sara Stockbridge, to  
ramp up the anti-  
establishment punk vibe.

● RICHARD PECKETT



GOT AN OPINION?  
WRITE TO US AT  
**LETTERS@METRO.US**



**FREE**  
1/2 Hour  
Massage &  
Consultation  
(some restrictions apply)

New York City's Premiere  
Medi-Spa and Wellness Center



manhattan total health

SPORTS MEDICINE • PHYSICAL THERAPY • CHIROPRACTIC  
ACUPUNCTURE • MASSAGE THERAPY

Grand Central:  
144 E. 44th St., 6th Fl.  
New York, NY 10017  
(212) 905-0090

Midtown:  
22 E. 49th St., 5th Fl.  
New York, NY 10017  
(212) 832-9127

West Side:  
57 W. 57th St., Ste. 1012  
New York, NY 10019  
(212) 906-0140

Wall Street:  
39 Broadway, Ste. 610  
New York, NY 10006  
(212) 514-5868



[www.manhattantotalhealth.com](http://www.manhattantotalhealth.com)



## DENTAL IMPLANTS SAY DAY TEETH!



Featuring the New Dentium Titanium Implant System

**OVERDENTURES**  
WITH IMPLANTS ..... **\$4500**  
per upper or lower usual & customary fee \$7500

**HELD OVER  
DUE TO  
POPULAR  
DEMAND!**  
**\$99**  
PER IMPLANT

+ Abutment **\$151**

+ Crown **\$1000**

**Total Cost Only \$1250**

Offer good through 9/30/12



[www.universaldentalcenter.com](http://www.universaldentalcenter.com)  
Come into Our World and Smile

Midtown Manhattan  
57 W. 57th St. Suite 610  
Discounted Parking in NY

Ft. Lee, NJ  
201-461-0003  
1565 Palisade Ave.  
Free Parking in NJ

**CALL FOR FREE  
CONSULTATION:**  
**1-800-287-TEETH**  
**212-753-0123**

**Oral Surgeon and  
Periodontist on staff**

\*Implant, abutment and crown must be completed at our office to qualify for promotional fees. New patients only.  
Additional charges may occur for more complex cases. Ad must be presented for discount.



- Randy Cohen, who penned the Times' 'Ethicist' column for twelve years, shares his insight in new book
- Why he thinks giving advice wasn't really his job

# 'The Ethicist' speaks

From 1999 to 2011, Randy Cohen helped millions of readers navigate sticky situations as "The Ethicist" for The New York Times. Now, the self-described "sort of ex-ethicist" has compiled his wisdom into a new book, "Be Good: How to Navigate the Ethics of Everything."

**When you were younger, were you always the go-to person for advice?**

No, not at all, and landing the job at The Times was as much a surprise to me as it was to anybody who knew me. (Laughs) My friends thought this was terribly amusing — they wouldn't have given you two cents for my opinion. ... But a very short time after I had the column, these same people would call me for advice. It was the most astonishing thing. It all testifies to the enormous power of The New York Times.

**Did you ever feel pressure when giving out advice? That your opinion may have some grand implications on people's lives?**

Yeah, oh, especially at the beginning, it was quite daunting, for selfish reasons. Since people read The New York Times, it seemed I had been given a chance to fail very publicly. I now had the chance to get it wrong on a very big stage — I had, what, a million subscribers and I think 2 million people [who] read the magazine every week. They were not shy about pointing out when I got it wrong.

**So you got hate mail?**

No one writes in to go, "Good answer." I got to feel it was a kind of salon and I would present a situation and what I think, and then the readers would weigh in, often pointing out some aspect of a question I've neglected. Ninety-five percent of the mail was completely civil, but the other 5 percent was deeply upsetting. Even a total stranger calling you an idiot really hurts your feelings.

**Do you think America, as a**



ADAM NADEL

► Randy Cohen had to boil down readers' quandaries into a 650-word column each week during his stint as "The Ethicist." "I often felt I oversimplified for a living," he tells Metro. Cohen will speak with Jane Eisner on Thursday at noon at 92Y Tribeca (200 Hudson St., 212-601-1000). For ticket info, visit [www.92y.org](http://www.92y.org).



## Q&A

► **Why do you think people trusted you as their authority on ethical concerns?**

I came to think telling people what to do wasn't actually my job. You could see in the way the questions were structured, certainly most of the time, they knew what the right thing was to do. What they wanted from me was a logical case for why that was the right thing to do.

**society, has good morals?**

One of the ways my thinking about ethics changed over the 12 years was when I started, I saw ethics as very much a decision an isolated individual made in a moment of crisis,

and I came to see ethics much more as an expression of our community's values — the communities with which we happen to be members. While I don't think that Americans are innately better or worse than

the citizens of other countries, I think there are certain aspects of social structures or political structures that produce communities where people tend to behave better or worse in various areas, and one example is organ donation. In America we use opt-in ... only about 25 percent of us have said that's OK. But in Sweden, they use the opposite, they use opt-out, and there, 85 percent of all Swedes make their organs available to transplant. I think it's because the Swedes set up a system where people are given a chance to behave well and they do, and that if you applied that same system here we would do better. If you judge us by our potential, we're fine, but if you judge us by how we actually behave, well, there are areas where we do fall short of other countries.

**Do you recall any dilemmas that particularly stumped you?**

Often I was stumped, and the questions that were the most fun were the ones where the answer wasn't obvious. I mean in a way, if it was obvious, people wouldn't bother to send them in. I can remember one very early one: A woman's traveling on business and in the hotel bar she sees her best friend's spouse in the arms of another — does she have to tell her friend? That one sat for months and months and months.

**What'd you tell her?**

It seemed to me finally that this was not a question about sexual propriety but about the duties of friendship. You have to do what your friend would like you to do. I came to think, there are many, many people who would absolutely want to know, but there are, I think, just as many people who wouldn't want to know. This was one of the rare questions where the mail was split. ... Some wanted to know, some didn't want to know.



**MEREDITH ENGEL**  
[meredith.engel@metro.us](mailto:meredith.engel@metro.us)

# TODAY AND FOREVER



MARK PATERSON  
PROMISE COLLECTION

PLATINUM PAVE DIAMOND  
HALO SETTING (0.66CTW)

\$5,890



SPECIAL FINANCING  
OPTIONS AVAILABLE FOR  
UP TO 12 MONTHS WITH  
THE MICHAEL C. FINA  
CREDIT CARD.

## MICHAEL C. FINA

545 Fifth Avenue | New York | 800.289.3462  
[www.michaelcfina.com](http://www.michaelcfina.com)



# Boost your baby's brain through healthy eating

► Don't mask the healthy stuff when cooking for your baby and toddler ► In 'Smart Bites for Baby,' chef and mother Miko Shino shows that food can be more than nutrition — it can be a source of learning, stimulation and fun

Kids can be finicky eaters? You don't say! But chef and mother Miko Shino wants to change this. Shino believes that if your baby is introduced to worldly flavors and spices at a young age, he or she will not only become more adventurous, healthy eaters later in life, but you'll also help his or her crucial, early brain development. She translates this philosophy in her new, easy-to-make cookbook, "Smart Bites for Baby."

**How can having a more diverse diet promote a child's brain**



## development?

The mouth is the first place where the world becomes tangible. Everything goes into their mouths in order for infants to understand it — you name it, it goes in there. This is how they make connections. Providing diversity in a diet means providing the most variety in what your child learns and understands about the world, which will mean stimulation for the body and the brain. If a child is given the same food, of, say, mashed potatoes for every single meal, it would not be surprising that the brain stimulation as the nu-

tritional intake would be quite poor.

**Why is it important that parents push new, healthy foods versus masking them, like many popular kids cookbooks advise?**

Masking foods actually enables picky eating by pretending that certain foods should be hidden from view and avoided. If, from the very beginning of being introduced to foods, babies and toddlers are taught that healthy, whole and organic foods are delicious, they won't doubt the deliciousness of those foods later on in life. Every child goes through a picky phase, but I believe kids



## Quoted

**"My approach is to look at food as something more than for its nutritional content — it's to look at food as a developmental tool for children to boost stimulation and nourishment not only for the body, but also for the brain of a growing baby."** MIKO SHINO

will go back to accepting what they were initially introduced to.

**Speaking of picky phases, do you have any tips for parents of picky eaters?**

Just keep trying. If your child has suddenly turned against the broccoli that she loved until yesterday, just keep serving it. And remember: If parents can adopt a healthy approach to

eating from the very start, it often curbs the severity of the fussy period.

The main thing is to have patience and not show frustration. You don't want your child to associate eating with something negative. A fussy phase is just that — a phase.



**DOROTHY ROBINSON**  
dorothy.robinson@metro.us

# It's Our Mission.

## Quality Health Coverage

### Medicaid Managed Care with Fidelis Care

- Health insurance coverage for children and adults in New York State who qualify
- Checkups with your own doctor
- X-rays and lab tests
- Hospital and emergency care
- Dental and vision care
- Speech and hearing services
- Behavioral health services
- More than 49,000 quality providers

Medicaid Managed Care is a New York State-sponsored health insurance program offered by Fidelis Care.

**Proof of age, income, and address necessary to enroll.**



**FIDELIS CARE®**



To find out if you are eligible for one of our government-sponsored health insurance programs, contact Fidelis Care at:

**1-888-FIDELIS (1-888-343-3547)**

(TTY: 1-800-421-1220) • **fideliscare.org** To renew your coverage each year, call 1-866-435-9521





## HOME HEALTH AIDES LIVE-IN

*Put your compassion to work.*

Isabella Visiting Care, Inc., a NYS licensed home care agency serving Manhattan, Brooklyn, Bronx, Queens and Westchester is seeking energetic and caring Home Health Aides to do 3 or 4 day Live-In work inside of client's home providing a safe and comfortable environment. To qualify, you must be certified & have good communication skills, (Bilingual a plus). Exp a plus. We offer benefits and the support and care you expect from a healthcare leader. (Live-In's only-please apply)

For an immediate interview, call 212-342-9600, e-mail your resume to: [ivciapp@isabella.org](mailto:ivciapp@isabella.org). Or stop by our Open House every Thursday and Friday from 9:00am-3:00pm. We are located at 5073 Broadway (and 216th Street) NY, NY.

*isabella*

Welcome to our family.

We are an equal opportunity employer m/f

## DOCTOR + MOTHER = M.O.M.



### MEDICAL OFFICE OF MANHATTAN

One Place For All Your Healthcare Needs. Walk-ins Welcome.

We Treat & Manage: Allergies, Anxiety Disorder, Annual Check-ups, Asthma and COPD, Birth Control, Breast Exams, Cardiovascular Evaluation, Depression, GERD/Heartburn, High Blood Pressure, High Cholesterol, Diabetes, Hypothyroid, Sexually Transmitted Disease and Urinary Tract Infection.

211 E. 51st St. By 3rd Ave. | 212-398-1709 | [www.momnyc.com](http://www.momnyc.com)

## LASIK Deal of the Week

\$1895 for LASIK Surgery for Both Eyes (\$4,000 value)

| VALUE   | DISCOUNT | YOU SAVE |
|---------|----------|----------|
| \$4,000 | 53%      | \$2,105  |

- Board-certified LASIK surgeons exclusively dedicated to Laser Vision Correction
- 50,000+ LASIK Surgeries performed
- Tri-state's only center with 4 different lasers to best customize your LASIK

0%  
FINANCING

Call Today for a **212.759.9617**  
**FREE consultation!**

\*Special offer valid with this ad only. The offer is good for Standard Lasik. Additional fee for Custom-5 Bladeless Lasik. Some restrictions may apply.

MANHATTAN  
LASIK  
CENTER  
NEW JERSEY

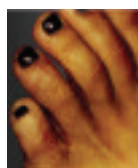
[www.SeeLasik.com](http://www.SeeLasik.com)

## Downtown Podiatry

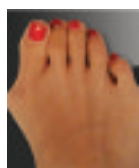
MANHATTAN'S PREMIERE FOOT DOCTORS



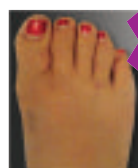
Before



After



Before



After

**NEW  
TREATMENT  
AVAILABLE!**  
Aerolase Laser  
Nail Fungus  
Treatment

1.877.BUNION.1 / (1.877.286.4661)

Call for an Appointment TODAY!

**DOWNTOWN**  
111 John Street Ste. 1450

[www.downtownpodiatry.com](http://www.downtownpodiatry.com)

Most insurance accepted

**MIDTOWN**  
315 Madison Ave. Ste. 513

## ADVANCED VARICOSE VEIN TREATMENTS OF MANHATTAN

CERTIFIED BY THE AMERICAN BOARD OF PHLEBOLOGY

- VNUS Closure
- Foam Sclerotherapy for spider veins
- EVLT Laser Treatment
- Asclera

Resume to normal activities within a day  
**Most Health Insurances accepted**

Anesthesia available for  
your comfort



**HABLAMOS ESPAÑOL** Tel: (212) 204-6501 **ГОВОРИМ ПО-РУССКИ**

Visit our website for more detailed information: [www.TreatmentsOfManhattan.com](http://www.TreatmentsOfManhattan.com)

**DOWNTOWN** - 111 John St., Ste. 1450, New York, NY 10038 (Btwn Cliff & Pearl St.)

Nearest Transit: **Fulton St.** Neighborhood: Financial District



## my parenting

# Gel balls new threat to toddlers, doctors say

After surgically removing a large gel ball blocking the intestines of a baby girl, Texas doctors are warning parents about a new kind of water-absorbing balls often sold as playthings.

The colored balls, marketed under the brand name Water Balz by Ohio-based DuneCraft Inc, are small to begin with, but can grow to the size of a racquetball when placed in water.

For orally fixated toddlers, that can be a problem, said Oluyinka Olutoye, a pediatric surgeon at Texas Children's Hospital in Houston.

"It goes in small and grows on the inside and may not come out," he told Reuters.

That was the case for an eight-month-old girl who was brought to Texas Children's with stomach problems. Her parents suspected she had eaten one of her sister's Water Balz, and their concerns grew when they read on the label that the balls expand up to 400 times if placed in water.

Olutoye and his colleagues could see on X-rays that part of the child's small intestine was distended, as if something was



► Water Balz start out small and then expand to the size of a racquetball when placed in water.

blocking it, but they couldn't see the culprit. Over the next 48 hours, the girl's belly grew bigger and bigger and her symptoms didn't go away.

"The blockage allows fluid and gas to accumulate — it is just like you step on a hose," said Olutoye, whose report appeared in the journal *Pedi-*

atrics.

Finally, the doctors took the baby to the operating room. They cut her intestine open and drew from it a WaterBalz nearly an inch and a half across.

She recovered and is doing fine, according to Olutoye.

The surgeon said parents

and doctors alike need to be aware of the danger it poses if swallowed. He explained that if the intestine is blocked long enough, the building pressure may eventually cause it to rupture.

"If this is not taken care of really quickly ... you can die from it," said Olutoye. **REUTERS**

## Advice

### Way to play

The way parents interact with their child during playtime at age 2 may be a boon to fifth-grade reading and math skills, finds a study in *Family Science*. The children who saw additional benefits had one thing in common: Their biological father lived with them. Kids whose mom and dad participated at playtime, elaborating on pictures in books and taking part in pretend play, saw the great-

est gains. Simply having a father at home also helped, possibly because moms were more likely to engage their child at a higher level, rather than just watching him or her play, if they had the support of a spouse, says Gina Cook, Ph.D., research assistant professor in the department of family consumer and human development at Utah State University in Logan. **JESSIE WOHLGEMUTH**

## Parents

Parents brings moms and dads smart, fresh advice to help you raise healthy, happy kids. Check us out at [Parents.com](http://Parents.com).



► Having both mom and dad engaged during playtime can benefit your little one's brain.

PHOTOS.COM

**BIG Deal**

**20% OFF** any service  
(except Massages, Color Gel, UV Gel or Spa Pedicures)  
With this ad only. Not to be combined.  
Expires 10/7/12

|  |   |   |  |
|--|---|---|--|
| <b>\$5 OFF</b><br>30 Min. Back<br>Massage or Reflexology<br>With Coupon only. Not to<br>be combined. Expires 10/7/12 | <b>\$5 OFF</b><br>Color Gel<br>With Coupon only. Not to<br>be combined. Expires 10/7/12 | <b>\$20 OFF</b><br>UV Gel Set<br>With Coupon only. Not to<br>be combined. Expires 10/7/12 | <b>\$5 OFF</b><br>Any Spa Pedicure<br>With Coupon only. Not to<br>be combined. Expires 10/7/12 |
|--|---|---|--|

**William's Nail Spa**  
(646)669-8213 Call now for appointment  
205 West 38th Street, 2nd Floor, New York, N.Y. 10018

**ESSENTIAL Skin Care**  
Specializing in **Problem Skin**  
Licensed Professionals  
Introductory Offers!  
[www.essential-skin.com](http://www.essential-skin.com) **NEW LOCATION**

**247 E. 50th St. 2 Fl NYC Tel: 212-588-8866**  
Trains: **E M 6** to Lexington Ave. **4 5 6 N R Q** to 59th Street

**207 E. 14th St. NYC Tel: 212-253-9693**  
Trains: **4 5 6 N R Q** to 14th St. Union Sq or **6** to 3rd Ave.

**"Body Massage + Facial \$99 - Eyebrow / Eyeliner Tinting \$25 - Ear Candeling \$50"**

|   |   |
|---|---|
| <p><b>Diamond Microdermabrasion Only \$50</b><br/>for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.</p> <p><b>Botinal Wrinkle Treatment</b> Reg \$160 <b>\$125</b><br/>formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.</p> <p><b>Herbal Mini Peel \$145</b><br/>Experience the power of herbal skin rejuvenation in just one hour. It will improve lines and wrinkles, increase stimulation of collagen production and promotes a firmer skin while it also minimize scars and dark spots.</p> | <p><b>Acne Treatment w/Glycolic Acid Peel Only \$45</b><br/>For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.</p> <p><b>Deep Cleansing Facial</b> Reg \$75 <b>\$40</b><br/>Deep cleans and refreshes all skin types.</p> <p><b>Back/Chest Deep Pore Cleansing: \$75/\$35</b></p> <p><b>Back/Chest Glycolic Peel Only: \$55/\$30</b></p> <p><b>Body Slimming Wrap or Salt Glow Special \$50</b><br/>Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.</p> |
|---|---|

# "TAKE THE PAIN OUT OF YOUR DAY"

Sports Medicine • Physical Therapy • Acupuncture • Massage

## DO YOU HAVE:

Neck pain?  
Back pain?  
Hip or leg pain?  
Shoulder pain?

Wrist or hand pain?  
Elbow pain?  
Knee pain?  
Ankle or foot pain?



MOST INSURANCES  
ACCEPTED

**EMPIRE PHYSICAL  
MEDICINE & PAIN MANAGEMENT**  
551 5th Avenue (at 45th St.)  
Suite 525, NYC

**PINS & NEEDLES SENSATION OR TINGLING IN THE  
HANDS OR FEET? CARPAL TUNNEL SYNDROME??**

**347-934-9379**

Most patients seen in 10 mins or LESS

**DOWNTOWN SPINE,  
SPORTS & ORTHOPEDIC REHABILITATION, PC**  
65 Broadway / 47 Trinity Place, Suite 603  
(Between Wall Street & Exchange Place)

Code C

## STOP BACK PAIN WITHOUT SURGERY





## Letters

letters@metro.us

### Judging a book by what it covers

**RE: "THE STATUS QUO, ONLY WORSE" (METRO, SEPT. 17)** Another week, another smirking, ignorant condemnation of President Obama by columnist Conn Carroll. For the second week in a row, he quotes (this time extensively) from Bob Woodward's recent book. I'm glad Mr. Carroll has enjoyed Woodward's book so much, but he uses it to cherry-pick items that make the president look like an intransigent leftist who has refused to work with Republicans who, in this version of the story, have made every effort to work with him to move the country forward.

Anyone who has actually been observing the political process for the last few years knows this isn't true, and that Obama has absorbed a great

deal of criticism from the liberal wing of his own party for excessive deference to the concerns of a party that has made no attempt to assist with actually governing the country. Bob Woodward has transformed himself in recent years into the court stenographer of our permanent government, and his books are collections of self-serving historical revisions provided by officials with their own motivations and desires to control the public record of their service.

**BOB TROMBETTA, PHILADELPHIA**

### Playing telephone with political facts

**RE: "OBAMA'S RESUME FOUND LACKING" (METRO, SEPT. 17)** Letter writer Loinsworth Sankarsingh of Brooklyn

opined that President Obama's foreign policy leadership is a "myth," but he merely parrots an anti-Obama propaganda piece masquerading as a documentary, presented by notorious right-wing apologist Dinesh D'Souza (who is employed by a subsidiary of Campus Crusade for Christ). Both Mr. Sangarsingh and Mr. D'Souza use a typical Karl Rove Republican technique: Attack your opponent's strongest advantage and try to turn it into a disadvantage. In their topsyturvy world, it doesn't matter if the charges are true — you put them out there for the gullible to swallow.

**MICHAEL CALMES, VIA E-MAIL**

President Obama looks less and less desirable as the days

go on. Yet, we have to remember what we vote for if we vote for Romney: a Republican administration. Think honestly back to 2008, then convince me that that's the better choice.

**DANIEL CANTOR, VIA E-MAIL**

### Dear PC Police: It's a free country

It's time to say goodbye to political correctness. I never thought that America could be so out of touch and sensitive that our children have to be afraid of what they say at school, or worse, be afraid to say a prayer by themselves on school property! It's time we all put on our big boy pants and perhaps just agree to disagree without feeling like people are calling others names. It's time to get back to having real, open and honest debates about politics, religion or any other subjects without having our opinions denied because they don't meet some useless measure by the PC Police.

**KIM HOWITT, EAST MEADOW, NY**

## Horoscope

**♍ Virgo Aug. 23-Sept. 22.** Words and ideas are likely to flow rather easily for you. You could be extremely effective in matters that require intricate communication skills, both verbal and written.

**♎ Libra Sept. 23-Oct. 23.** Using a soft sell and understating your demands will work rather well in all of your important affairs. Instead of loud directives, offer subtle suggestions.

**♏ Scorpio Oct. 24-Nov. 22.** Something big in which you're involved has lots of potential benefits for everyone who takes part. However, it still needs your initiative and leadership to make the good happen.

**♐ Sagittarius Nov. 23-Dec. 21.** Allow your nobler and kinder instinct to prevail, especially if you know someone who is sorely in need of your assistance.

**♑ Capricorn Dec. 22-Jan. 19.** Be on your best behavior in situations that bring you before the public. How you act, and even what you wear, will be closely scrutinized and later discussed in detail.

**♒ Aquarius Jan. 20-Feb. 19.** It isn't always wise to play hunches, especially in matters that involve money. However, in your case, don't discount any persistent, intuitive perceptions.

**♓ Pisces Feb. 20-March 20.** There is a strong chance that a constructive learning experience will be in store for you. It won't come from textbooks or teachers, but from a personal encounter.

**♈ Aries March 21-April 19.** Although something in which you're involved is already profitable, it could be even more rewarding. Don't hesitate to speak up when you get a chance.

**♉ Taurus April 20-May 20.** Go a bit overboard in catering to that special person who is No. 1 in your heart. Offering extra attention and consideration will make this a red-letter day for both you and your loved one.

**♊ Gemini May 21-June 20.** Diligent effort will not go unnoticed or unrewarded. Aside from the pride you'll take in what you accomplish, there will be plenty of peripheral benefits.

**♋ Cancer June 21-July 22.** Successful measures can be taken to improve two separate relationships that have been less than satisfactory lately. Although similar in nature, each issue will be remedied in a unique way.

**♌ Leo July 23-Aug. 22.** Long-hoped-for changes regarding your financial situation can happen a bit ahead of schedule if you stay on your present course, instead of doing otherwise, as others might suggest.

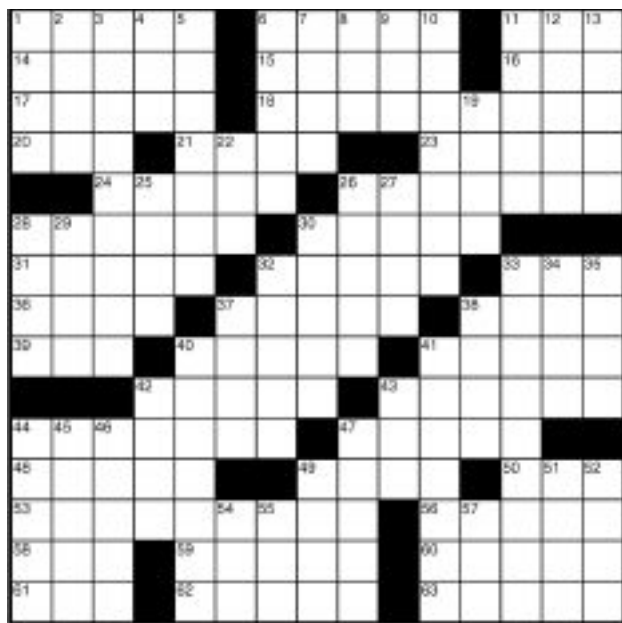
**BERNICE BEDE OSOL**

## Across

- 1 Burnt out
- 6 Windjammers
- 11 "Go, team!"
- 14 Cream of the crop
- 15 Member of Plymouth Colony
- 16 Younger Lohan lady
- 17 Maneuvers slowly
- 18 Swore under oath
- 20 Turn sharply
- 21 Branch
- 23 San Diego pro
- 24 Alaskan craft
- 26 Office workers of yore
- 28 Agree
- 30 Leafy shelter
- 31 Starbucks order
- 32 Give feedback
- 33 Radio enthusiast
- 36 Luau strings
- 37 Major oil hub
- 38 Fab Four name
- 39 Central
- 40 Muscular
- 41 Discussion group
- 42 Soprano — Lind
- 43 Harass, as a political speaker
- 44 Stuffed corn husks
- 47 Too big a hurry
- 48 In plain sight
- 49 Fastest man alive
- 50 Country addr.
- 53 As if lost in thought
- 56 Boxer — Griffith
- 58 April 15 org.
- 59 Type of spray
- 60 Ms. Zellweger
- 61 1860s initials
- 62 The Earth
- 63 Heroic tales

## Down

- 1 Mild oath
- 2 Jai —
- 3 Gossed out
- 4 Summer, to Pierre
- 5 Predetermine
- 6 Tie-dye cousin
- 7 First name in fashion
- 8 Sales pitches
- 9 Lunar new year
- 10 Fragment
- 11 Police busts
- 12 Vigilant
- 13 Lays low
- 19 Evenhanded
- 22 Angkor —
- 25 New York team



- 26 Pop-up item
- 27 Community ctr.
- 28 One who reunites
- 29 Long-tailed monkey
- 30 Kind of laugh or dance
- 32 Ghost towns
- 33 Yen
- 34 Novelist Jean —
- 35 Mme.'s daughter
- 37 Adjust a guitar
- 38 Treaty
- 40 Walloping
- 41 Drives bananas
- 42 Canisters
- 43 Falstaff's prince
- 44 Subject
- 45 Maintains
- 46 High-IQ organization
- 47 According to —
- 49 Spill the beans
- 51 Wingless insect
- 52 Poor grades
- 54 Comic-strip prince
- 55 That, in Spain
- 57 Drop — line

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| 9 | 1 |   |   | 2 | 6 | 8 | 3 |   |   |
| 5 |   |   |   |   | 3 |   | 4 |   |   |
| 7 |   | 3 |   |   |   |   |   |   |   |
| 3 |   |   |   | 9 |   |   | 8 |   |   |
|   |   |   |   | 3 | 4 | 7 |   |   |   |
|   |   | 6 |   |   |   | 2 |   |   | 5 |
|   |   |   |   |   |   |   | 2 |   | 8 |
|   |   | 7 |   |   | 2 |   |   |   | 3 |
|   |   | 5 | 8 | 7 | 9 |   | 6 | 4 |   |

SUDOKU **LEVEL: EASY**

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   | 8 |   | 4 | 7 |
|   |   |   |   |   | 2 |   |   | 6 |   |
|   |   | 1 |   | 7 | 6 | 2 |   | 5 |   |
| 4 |   |   |   | 7 | 2 |   |   | 1 |   |
|   |   | 6 |   |   |   |   | 7 |   |   |
|   | 7 |   |   |   | 1 | 4 |   |   | 3 |
| 1 |   | 8 | 5 | 3 |   | 6 |   |   |   |
|   | 3 |   |   |   | 2 |   |   |   |   |
| 6 | 2 |   | 9 |   |   |   |   |   |   |

SUDOKU **LEVEL: HARD**

### Solution to yesterday's crossword



**How to play Sudoku:** Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

To advertise — phone: 212-457-7735 email sales: [advertising@metro.us](mailto:advertising@metro.us)

**METRO NEW YORK** | Editor in Chief: Tony Metcalf [tony.metcalf@metro.us](mailto:tony.metcalf@metro.us), [@edinchiefmetro](mailto:@edinchiefmetro) | Managing Editor: Ron Varriall [ron.varriall@metro.us](mailto:ron.varriall@metro.us) | City Editor: Carly Baldwin [carly.baldwin@metro.us](mailto:carly.baldwin@metro.us) | Features Editor: Amber Ray [amber.ray@metro.us](mailto:amber.ray@metro.us), [@amberatmetro](mailto:@amberatmetro) | Sports Editor: Mark Osborne [mark.osborne@metro.us](mailto:mark.osborne@metro.us) | Deputy Features/Careers/Books/ Travel editor: Dorothy Robinson [dorothy.robinson@metro.us](mailto:dorothy.robinson@metro.us) | Home/Style editor: Tina Chadha [tina.chadha@metro.us](mailto:tina.chadha@metro.us) | Film/Tech editor: Heidi Patalano [heidi.patalano@metro.us](mailto:heidi.patalano@metro.us) E-MAIL US: [letters@metro.us](mailto:letters@metro.us)



## destinations



► The Edgartown lighthouse is one of five historic lighthouses on the island.

PHOTOS: CASSANDRA GARRISON

# Unwind in style on the Vineyard this autumn

Martha's Vineyard is historically a blue-blooded summer spot, but the island is welcoming a new generation of jet-setting visitors. Though the Vineyard does remain the ideal escape for those who wish to rub elbows with the who's who of the Northeast, it's also relatively affordable in the offseason. (Note: We did say relatively.) Explore cutting-edge culinary delights, a bustling shopping scene and stunning landscapes that will take your breath away during any season of the year.



► Savor a lobster roll at Faith's Seafood Shack.

## Where to dine

It's a sin to leave the Vineyard without indulging in a lobster roll. The traditional style of chilled lobster in light mayo atop a buttered roll is the favored style of local seafood stands — and it works for them. Go to **Faith's Seafood Shack** (33 Aquinnah Circle, 508-645-4080) and eat your delicious spoils (don't forget an order of perfectly crisp fries) on a bench at the nearby dock, or

take them with you to the beach — if you can wait that long.

If you're looking to go the classier route (after all, to see and be seen on the Vineyard is part of its flair), reserve a table at **Water Street** (508-627-3761) — the Harbor View Hotel's fine-dining restaurant. Don't leave without trying the oysters and Chef Shaun Brian Sells' New England clam chowder with pork belly and chive oil.

## Where to stay

**The Harbor View Hotel** (131 North Water St., 508-627-7000) in Edgartown offers unparalleled waterfront views of the harbor and the Edgartown lighthouse. This 121-year-old Victorian-style hotel has all of the modern amenities we crave

on vacation, but gives off a regal aura. The hotel offers 114 guest rooms and suites, each uniquely different, and eight spacious Captain's Cottages are available too.

**CASSANDRA GARRISON**  
cassandra.garrison@metro.us

**EXPERT ADVICE CRUISE.COM LOWEST PRICE**  
**LOWEST CRUISE PRICES GUARANTEED!**

**EXCLUSIVE HOLIDAY SALE!**  
Receive Free Pre-paid Gratuities, up to \$500 OFF, up to \$1000 Onboard Credit, up to \$350 Onboard Savings, Free Upgrades + Kids Sail FREE and More! on select sailings

| Carnival  | 8-Day Bahamas          | 8-Day Caribbean        | 9-Day Europe           | 10-Day Caribbean       |
|---|------------------------|------------------------|------------------------|------------------------|
| Receive Reduced Rates plus Free Upgrades on select sailings | <b>\$399*</b>          | <b>\$579*</b>          | <b>\$599*</b>          | <b>\$619*</b>          |
|   | Fr. Ocean View Balcony | Fr. Ocean View Balcony | Fr. Ocean View Balcony | Fr. Ocean View Balcony |
|   | \$499 \$509            | \$649 \$799            | \$899 \$1199           | \$889 \$929            |
| NORWEGIAN   | 10-Day Europe          | 7-Day Bermuda          | 7-Day Bahamas          | 9-Day Caribbean        |
| Receive up to \$950 Onboard Credit on select sailings       | <b>\$449*</b>          | <b>\$449*</b>          | <b>\$479*</b>          | <b>\$599*</b>          |
|   | Fr. Ocean View Balcony | Fr. Ocean View Balcony | Fr. Ocean View Balcony | Fr. Ocean View Balcony |
|   | \$529 \$799            | \$479 \$779            | \$549 \$749            | \$699 \$909            |

**Cruise.com Mobile App**  
Shop Our Latest Deals On Your Smart Phone!  
Now mobile users will have a wealth of cruise information at their fingertips.  
Download Cruise.com's Free APP Now!

| PRINCESS CRUISES   | 7-Day Caribbean        | 10-Day Caribbean       | 12-Day Europe          | 14-Day Hawaii          |
|--|------------------------|------------------------|------------------------|------------------------|
| Receive up to \$75 Onboard Credit plus Complimentary bottle of wine with dinner on select sailings | <b>\$499*</b>          | <b>\$849*</b>          | <b>\$919*</b>          | <b>\$1099*</b>         |
|  | Fr. Ocean View Balcony | Fr. Ocean View Balcony | Fr. Ocean View Balcony | Fr. Ocean View Balcony |
|  | \$529 \$799            | \$1099 \$1499          | \$1039 \$1299          | \$1199 \$1799          |
| Royal Caribbean  | 7-Day Bahamas          | 7-Day Bermuda          | 10-Day Europe          | 10-Day Caribbean       |
| Receive FREE Pre-Paid Gratuities plus up to \$100 Onboard Credit on select sailings                | <b>\$574*</b>          | <b>\$594*</b>          | <b>\$594*</b>          | <b>\$694*</b>          |
|  | Fr. Ocean View Balcony | Fr. Ocean View Balcony | Fr. Ocean View Balcony | Fr. Ocean View Balcony |
|  | \$699 \$1024           | \$899 \$924            | \$694 \$789            | \$744 \$1134           |

**800-395-6127**

\*Prices are subject to change. Cruise only on select sailings. Carrier restrictions apply. Gov't taxes and fees are additional. Prices exclude NCP's. Prices are quoted in US dollars. All times and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select ships and sail dates and are not redeemable for cash. Ships' Registry: The Bahamas and Panama. CNY \$201885-60 / Lowest Price Guarantee. In order to qualify for the guarantee the competitor's rate that appears in the advertising must be available for booking and be on the identical Cruise.com product. (Ship, Date, Destination, Category, etc.) The customer must meet the requirements for any rates that apply from the cruise lines in offering the rate. The guarantee does not apply to air, land components, onboard charges etc. This offer is only valid on cruise fares that are members of CLIA.

**RUSH PASSPORTS & VISAS**

- Passport Renewals original/photos
- All Visas—All Consulates
- DMV License Plates

**10% Discount with this Ad**

**IT'S EASY INC**

30 Rockefeller Plaza, N.Y. Concourse level - A licensed private service bureau. Pick-up and delivery available  
its easyservices.com  
**877-33-ITS EASY**  
**CALL TODAY**  
24 Hour Service Available

## What to do

Charter a boat, like the 1966 Bunker available through Harbor View's waterfront concierge. If you're up for some sport, **Mink Meadows Golf Course** (508-693-0600), built in 1936, offers nine holes with oceanfront views.

Don't miss the eclectic shops scattered throughout the island's towns. You'll find designers like Lilly Pulitzer and nondescript vintage jewelry shops with hidden treasures scooped at sales from the island's elite estates.





► Check out the World Showcase Entertainment while at Epcot.

### World Showcase Entertainment

The countries of the World Showcase at Epcot invite the entire family to slow down and enjoy. While each of the 11 pavilions has something to offer, kids tend to enjoy the acrobats at the China pavilion and the mariachi band in

Mexico most. Teens are drawn to Off Kilter, a rock group in Canada featuring bag pipes, and the British Revolution, a tribute band in the U.K. And everyone will be willing to celebrate the red, white and blue with patriotic a cappella group The Voices of Liberty in the American pavilion.

# 8 Great Disney attractions you haven't heard of

### Jedi Training Academy

At Disney's Hollywood Studios, the Jedi Training Academy lets young ones master the power of the force from their own Jedi master. And what better way to test these newfound skills than by fighting the ultimate "Star Wars" bad guy? Every child gets a chance to take on Darth Vader with a light saber. Parents should visit Guest Relations first thing in the morning — but even those without kids can (and should) catch a show.

### Family Magic Tour

This two-hour tour takes families on a guided scavenger hunt around the Magic Kingdom. While designed for kids 4 to 10, the whole family is encouraged to get into the fun, and a few characters show up along the way. It's essential to make reservations before leaving home.

### Captain Jack's Pirate Tutorial

Swashbuckling wannabes will love this silly show located near the Pirates of the Caribbean attraction in the Magic Kingdom. Young buccaneers are chosen from the audience to learn the art of being a pirate from none other than Captain Jack Sparrow himself. All kids take an oath at the end and are taught the famous song "A Pirate's Life for Me."

### The Lego Imagination Center

One of the many shops at

Downtown Disney, the Lego Imagination Center does more than provide one of the largest selections of Legos around; it allows children to build their own creations, from homes to cars that can be raced. And make sure to keep an eye out for the much-larger-than-life Lego statues scattered around.

### Miniature golf

Disney is home to three miniature-golf courses: two at Winter-Summerland, located by Blizzard Beach, and Fantasia

Gardens, located near the Boardwalk resort. At Winter-Summerland, Santa and his elves are vacationing on the summer course, and Fantasia Gardens pays homage to Disney's 1940 masterpiece.

### Pangani Forest Trail and Maharajah Jungle Trek

The two nature trails at Disney's Animal Kingdom allow families to learn more about animals. Maharajah, in Asia, features tigers, bats and a scary giant Komodo dragon. Pangani, in Africa, is near Kilimanjaro Safaris and introduces guests to gorillas, hippos and meerkats — so keep an eye out for Timon!

### Draw a Character

Located inside the Magic of Disney Animation at Disney's Hollywood Studios, budding artists will pick up plenty of pointers in this 25-minute class led by a Disney animator. Students learn to sketch everyone

from Mickey Mouse to Stitch. The class can quickly become addictive, with many guests choosing to attend more than one, learning to draw a variety of characters. And the best part? Your drawing makes a great (free) souvenir.

CONTRIBUTED BY

**Fodor's**

Go to [www.fodors.com](http://www.fodors.com) for more expert travel tips. Fodor's. Travel intelligence.

[www.germany.travel/airberlin](http://www.germany.travel/airberlin)

## Nonstop to Germany

Fly airberlin nonstop to Berlin and Dusseldorf and visit the vibrant cities of Germany

Supported by:



on the basis of a decision by the German Bundestag

Travel Destination Germany © German National Tourist Board

**airberlin.com**  
Your Airline.

**Germany**  
The travel destination





# Your student's first month of college: A parent's primer

It's nearing the end of the first month of freshman year. Maybe, confronted with the first heaping mess of his college clothing career, your son digs up some change and heads to the laundromat. Just as likely, he'll drag a hamper home for the weekend.

While some students see dormitories as arsenals of independence, others still depend on their parents. The key to a smooth transition is to maintain "a healthy level of interdependence," says Matthew Patashnick, director of parent and family programs at Columbia University. "Parents need to

## Quoted

**"Parents need to find a way to empower their freshmen while fighting the urge to act on their behalf."** PATASHNICK

find a way to empower their freshmen while fighting the urge to act on their behalf."

Take academics: The jarring nature of university curriculum leaves many "moaning and groaning about the amount of reading to be done," says Marie Carr, author of "The Prepared Parent's Operational Manual: Sending Your Child to College."

But before you try to set up a parent-professor meeting, encourage your student to take initiative. "This is the perfect opportunity for them to discover campus resources such as academic advisers and free tutoring," says Carr.



► This might show up at your front door — and that's OK, as long as you're not rushing to his every need.

Challenges often persist beyond the classroom. From complaining about food quality to demanding the replacement of an irksome roommate, the best

solution requires "allowing the child to deal with uncomfortable situations on his/her own," says Patashnick. "Familiarize yourself with university sup-

port systems to point students in the appropriate direction."

**TIFFANY KANG**  
letters@metro.us

**WHERE WE STAND  
TEACHING STUDENTS  
OUTSIDE THE US HAS LED  
TO AVMA ACCREDITATION  
INSIDE THE US**

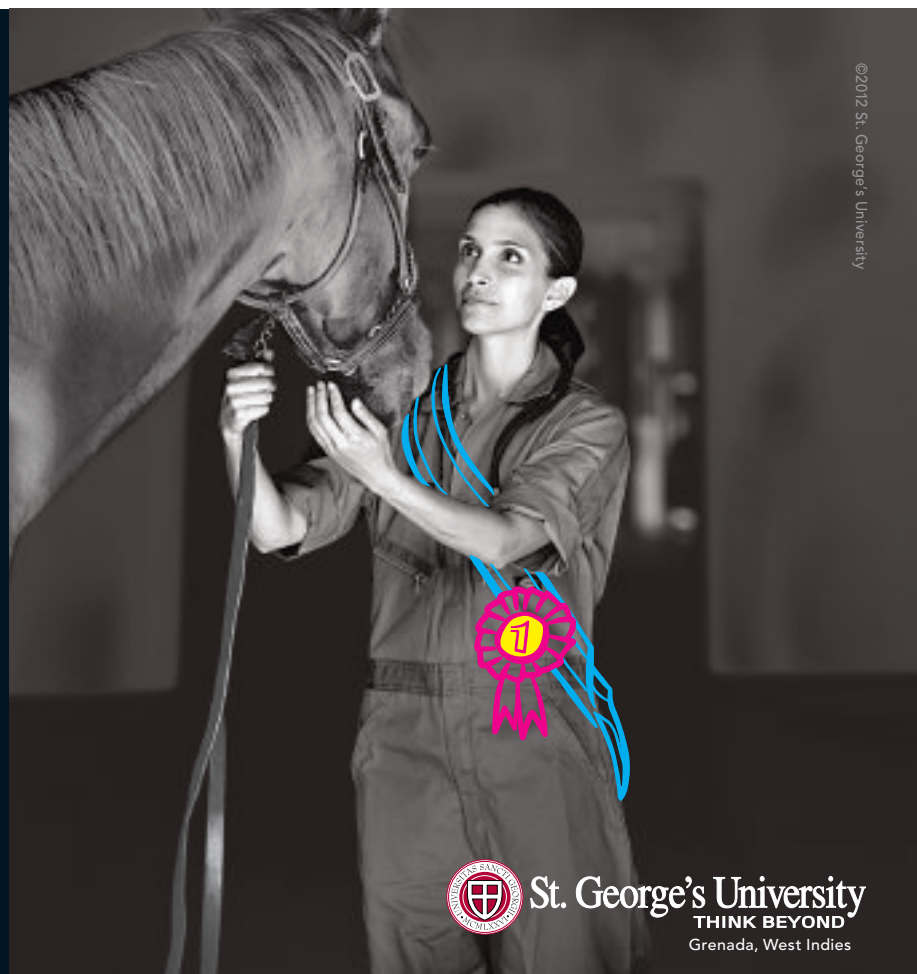
**STARTING YOUR CAREER  
WITH THE WINNING  
COMBINATION OF US SKILLS  
AND GLOBAL TRAINING  
WILL MAKE YOU  
STAND OUT**

Learn more about SGU at our upcoming Info Session  
Monday, Sept. 24 • 7:00pm - 8:30pm  
The Westin New York at Times Square  
To register, go to [sgu.edu/infosession](http://sgu.edu/infosession)



[www.avma.org](http://www.avma.org)

US/Canada: 1 (800) 899-6337 ext. 9 1280  
[sgu.edu/future-students](http://sgu.edu/future-students) • [sguenrolment@sgu.edu](mailto:sguenrolment@sgu.edu)



©2012 St. George's University

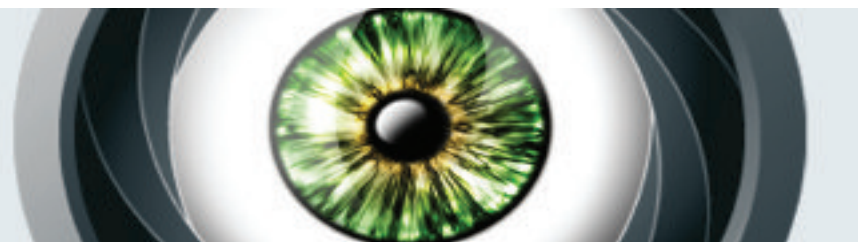


**St. George's University**  
THINK BEYOND  
Grenada, West Indies





Submit your best  
photos today!  
[www.metrophotochallenge.com](http://www.metrophotochallenge.com)



SPECIAL ADVERTISING SECTION

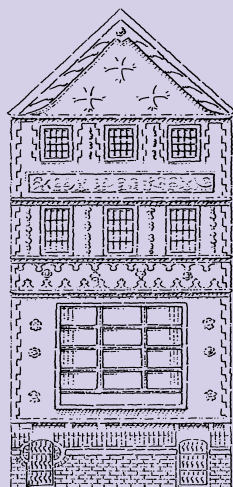
EDUCATION GUIDE

25

## PARLIAMO ITALIANO

AT HUNTER COLLEGE

THE LARGEST AND MOST INNOVATIVE ITALIAN SCHOOL IN NEW YORK CITY



We know you can learn to speak Italian, to speak it fluently and with an excellent accent— and we prove it to you at your very first lesson!

Parliamo Italiano offers:

- Small class sizes
- Original materials
- Native Italian teachers
- 30 years of experience

For more information and class schedules, visit our website:

**Fall courses start October 1, 2012**  
Want to learn more? Come to our Open House

**September 19, 2012; 6:00-7:00pm**

Faculty Dining Room, West Building 8th Floor  
68th Street and Lexington Avenue

To RSVP, please call 212.396.6653 or  
email: [parliamo@hunter.cuny.edu](mailto:parliamo@hunter.cuny.edu)

695 Park Avenue, E1039  
New York, NY 10065

**NEW STUDENTS:**  
mention the code  
"MET-912" when  
you register and  
save 10%

**HUNTER**  
The City University of New York

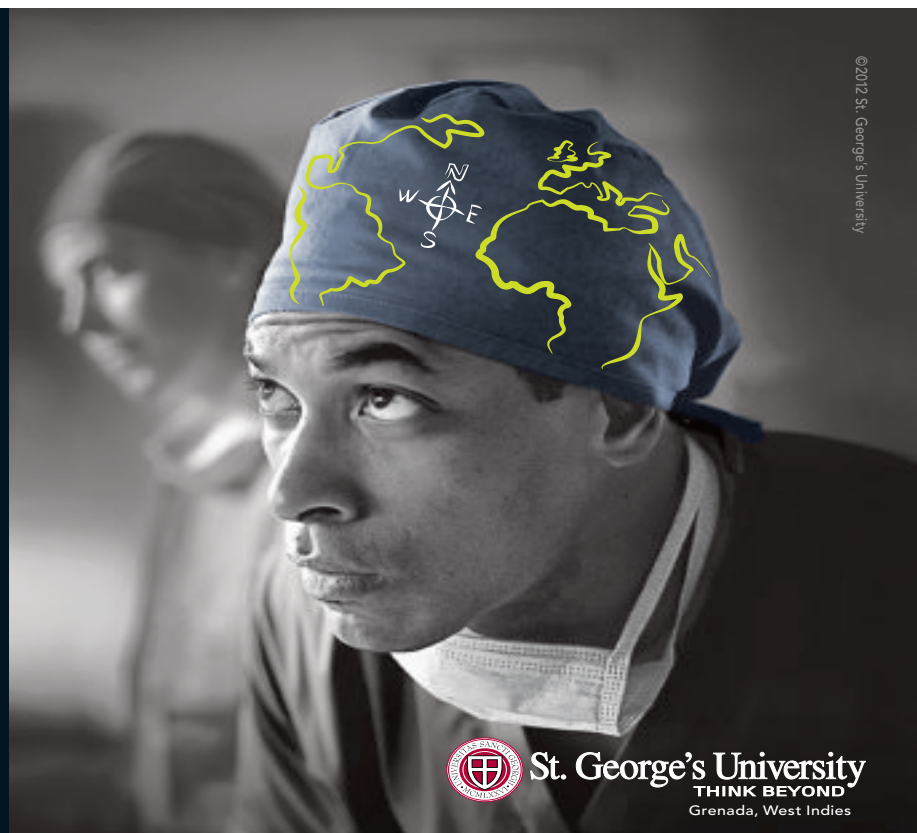
[www.hunter.cuny.edu/parliamo](http://www.hunter.cuny.edu/parliamo)

**WHERE WE STAND  
STUDYING DIVERSE PATIENT  
POPULATIONS HELPS  
STUDENTS PRODUCE TOP  
USMLE STEP 1 FIRST-TIME  
PASS RATES**

**TESTING WELL  
AND KNOWING THE  
WORLD EVEN BETTER  
WILL MAKE YOU  
STAND OUT**

Learn more about SGU at our upcoming Info Session  
Monday, Sept. 24 • 7:00pm - 8:30pm  
The Westin New York at Times Square  
To register, go to [sgu.edu/infosession](http://sgu.edu/infosession)

US/Canada: 1 (800) 899-6337 ext. 9 1280 • [sgu.edu/future-students](http://sgu.edu/future-students) • [sguenrolment@sgu.edu](mailto:sguenrolment@sgu.edu)



©2012 St. George's University



**St. George's University**  
THINK BEYOND  
Grenada, West Indies





**Leaders  
don't always  
fit the mold.**

**Neither should your degree.  
The Online MS in Business Management  
and Leadership**

**INFO SESSION: Sept. 19th @ 6pm  
365 5th Ave., Room C-197 ■ NYC**



**School  
of  
Professional  
Studies**

The City University of New York

[sps.cuny.edu/leaderinfo](http://sps.cuny.edu/leaderinfo)



26

## EDUCATION GUIDE

SPECIAL ADVERTISING SECTION

# Earn Your Degree at NYACK



- Accelerated Degree Completion Program
- Bachelors Degrees (38 majors)
- Alliance Theological Seminary: Doctor of Ministry, Master of Divinity, Master of Arts, Master of Professional Studies
- MA in Counseling or Marriage & Family
- MS in Organizational Leadership (finish in as little as 12 months)
- MBA (finish in as little as 16 months)
- MS in Childhood Education, Childhood Special Education

### ACCEPTING APPLICATIONS FOR THE SPRING!

Manhattan Campus, 361 Broadway, New York, NY 10013  
Call 877.626.2236 or visit our website at [www.nyack.edu](http://www.nyack.edu) to apply.

**NYACK**  
College • Seminary • Graduate Schools  
Christian Higher Education Since 1882  
Nyack, NY  
New York, NY  
[www.nyack.edu](http://www.nyack.edu)



## YOUR CAREER STARTS at LIBI

SHARPEN  
YOUR  
SKILLS

EARN  
A  
DEGREE

LAND  
THE  
JOB

Learn ESL  
from the Best  
Ask us about our

**GED+DEGREE** program [www.libi.edu](http://www.libi.edu)

Hablamos Español



### Associate Degree in:

- Accounting
- Business Management
- Office Technology / Medical Office
- Homeland Security & Security Management
- Court Reporting \*

NEW  
PROGRAM

### • Hospitality Management

- Lifetime Job Assistance
- Small Class Sizes / Free Tutoring

NEW  
PROGRAMS

### Certificate programs in:

- Business Technology Specialist
- Elder Care Administration
- Hospitality Management
- Merchandizing and Management
- Small Business Operations
- Home Health Aide
- Emergency Care Management

- Flexible Schedules ( Day & Evening Classes)
- Financial Aid Available for those who qualify

7 Train / Q17, Q27, Q44, Q65, Q25, Q19, Q34, Q66,  
Q58, Q13, Q16, Q28, Q12, Q20A, Q20B, N20, N21

**718.939.5100**



**LONG ISLAND  
BUSINESS INSTITUTE**

Queens Campus: 136-18 39th Avenue, Flushing  
\* L. I. Campus: 6500 Jericho Turnpike, Commack

For consumer disclosure, please visit [www.libi.edu](http://www.libi.edu) & click Gainful Employment Data link.

## A Career With A Great Future...It's Time

- Court Reporting (CART & Closed Captioning)
- Paralegal • Medical Office Specialist

**Call 1-866-362-8824 • [nyci.edu](http://nyci.edu)**

**OPEN HOUSE**

**Wednesday, September 24<sup>th</sup>**

**11:30AM & 5:30PM**

Day & Evening Classes • Degree & Certificate Programs

**NYCI**  
established 1941

**NEW YORK  
CAREER  
INSTITUTE**

**11 Park Place, NYC (across from City Hall)**

For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at [www.nyci.edu](http://www.nyci.edu)



# IT Careers Start Here

**Earn valuable IT certifications at BMCC—and enter a job market increasing by 30%.**

NEW YORK - At Borough of Manhattan Community College (BMCC), students gain skills to compete in what the U.S. Department of Labor (DOL) identifies as one of the fastest growing fields today—Information Technology (IT), with jobs increasing a projected 30% from 2008 to 2018.

BMCC's Center for Continuing Education and Workforce Development provides training for highly valued IT certifications such as Cisco and A+. BMCC students practice hands-on skills in computer labs replicating the real-world complexity of today's IT workplace.

Christopher Viteritti, the lead BMCC Cisco Academy Instructor, states “students work through real work scenarios—authentic switching and routing practical lab scenarios that enable them to practice the actual deployment, implementation and troubleshooting skills they'll take right into the workplace.”

Students at BMCC also benefit from a convenient Web-based curriculum, online test prep and IT instructors who have solid industry experience.

Our students can earn A+ certification, as they work toward becoming a Cisco



## These students get real hands-on experience.

Certified Network Associate (CCNA), and focus on network fundamentals, routing protocols and other areas. Students can also earn Cisco certifications in Network Security, or become a Cisco Certified Network Professional (CCNP).

Student can acquire additional skills by enrolling into BMCC's programming courses. Programming has taken on a new spin with the advent of Mobile Devices such as Tablets and Smart

Phones. The insurgence of Smart Devices has created a need for skilled Programmers in many languages. BMCC has an array of available courses such as Programming for Android, Programming in Java and C++ that will provide you with the skills necessary to develop and market your own application while preparing you for Entry Level Programming Positions.

With these stackable credentials,

some individuals go right to work as a Network Engineer, Security Specialist, Database Administrator, Help Desk or Field Service Technician.

Students can enroll in BMCC's Associate Degree programs in Computer Information Systems, Computer Network Technology or Computer Science.

Keep an eye on our website - we're preparing to roll out a new series of courses centered around web development!



## THE NEW SCHOOL

*New York City*

# MILANO SCHOOL OF INTERNATIONAL AFFAIRS, MANAGEMENT, AND URBAN POLICY

### GRADUATE PROGRAMS WITH A CONSCIENCE

Environmental Policy and Sustainability Management  
International Affairs  
Leadership and Change  
Nonprofit Management  
Organizational Change Management  
Organizational Development  
Sustainability Strategies  
Urban Policy Analysis and Management

Join us for an information session on Thursday,  
September 20 at 6:00 p.m. at 55 West 13th Street, NYC.

To reserve a space or for more information, call  
800.292.3040 or visit

[www.newschool.edu/milano7](http://www.newschool.edu/milano7)

THE NEW SCHOOL FOR PUBLIC ENGAGEMENT

An Affirmative Action/Equal Opportunity Institution. Photo: Bob Handelman.

## PROFESSIONAL ADMINISTRATIVE DEVELOPMENT PROGRAM

It's not about predicting the possibilities; it's about preparing for them. This 17 week certificate program in Professional Administrative Development is tailored to professionally develop new, aspiring, and experienced professionals for administrative roles in dynamic cross-industry businesses.

### The Program Covers:

- Office & Digital Technologies (MS Office Suite 2010, QuickBooks)
- Business & Client Etiquette
- Human Resources
- Business Writing & Correspondence
- Meeting Management
- Time Management/Office Skills
- Expense & Travel Management
- Budgeting & Forecasting
- Project Management

The program integrates curriculum designed by the International Association for Administrative Professionals (IAAP); and will prepare students to sit for the organization's Certified Administrative Professional (CAP) credential exam.

### Program Benefits:

- BMCC's program benefits will allow you to:
- Earn a higher salary
- Increase your skills and knowledge
- Develop new strategies for achieving optimum work outcomes

### Requirements:

- Applicants must meet the minimum requirements:
- High School Diploma/GED or Higher
- TABE Test (Reading)
- Must be at least 18 years old

## KINDLES ARE PROVIDED FOR STUDENTS TO DOWNLOAD COURSE TEXTS

### Cohort:

Essential Immersion  
Tuition: \$1,995  
Tuesdays and Thursdays  
from 6pm-9pm

### Start Dates:

9/18/12 to 2/14/13  
3/12/13 to 7/11/13  
8/6/13 to 12/12/13

Contact: Annett Sealy | (212) 346-8426 | [ASealy@bmcc.cuny.edu](mailto:ASealy@bmcc.cuny.edu)  
Borough of Manhattan Community College • [www.bmcc.cuny.edu/ce](http://www.bmcc.cuny.edu/ce)





Division of Continuing Education & Workforce Development

# Hostos

## THE SKILLS TO DO THE JOB

### Register for our Healthcare Certificate Programs

Certified Nursing Assistant (CNA)  
Credentialed Alcohol & Substance  
Abuse Counselor (CASAC)  
Case Management **NEW**  
Clinical Medical Assistant **NEW**  
Healthcare Interpreter  
Electrocardiography Technician  
Emergency Medical Technician (EMT)  
Food Protection  
Health Information Management **NEW**  
HIV Counselor **NEW**  
Local Anesthesia & Nitrous Oxide Administration  
Medical Billing & Coding  
Patient Care Technician  
Personal Trainer  
Pharmacy Technician  
Phlebotomy Technician

*Our Patient Centered Care course will  
enhance several healthcare certifications.*

## OPEN HOUSES

at 120 E. 149th Street  
Savoy Multi-Purpose Room

**Saturday, Sept. 22, 2012**  
11:00am-1:00pm

**Tuesday, Oct. 2, 2012**  
6:00pm-8:00pm

Receive **5%** discount with this ad

Hostos College for Kids Saturday Academy is available.  
In addition, we offer English for Speakers of Other Languages/ESOL,  
General Equivalency Diploma and personal enrichment courses.



**NEW  
LOCATION!**

Tel 718-518-6656 Fax 718-518-6744 [cedu@hostos.cuny.edu](mailto:cedu@hostos.cuny.edu)

560 Exterior Street, Bronx, New York 10451 [www.hostos.cuny.edu/conteedu](http://www.hostos.cuny.edu/conteedu)



## Mentoring *equals* Personalized Education

You're unique ... your education should be too.

SUNY Empire State College mentors help you design the degree that's right for you. They respect your knowledge, value your experience, and help you realize your goals.

And, with study options that include face-to-face mentoring, study groups and online courses, you choose how and when to study.

So why wait? Get started today.

**Apply by November 1 for the next term.**

### For information

Call 877-372-6759  
Visit [www.esc.edu](http://www.esc.edu)

Manhattan • Brooklyn • Staten Island  
Old Westbury • Hauppauge • Riverhead



## SUNY Empire State College Growing and Thriving

This year, SUNY Empire State College graduated its largest class. More than 3,400 students in New York State, across the nation and around the world, were awarded State University of New York degrees from Empire State College. Unlike many recent college graduates, our graduates tend to be older (average age 36) and are more likely to have been holding down demanding jobs, raising families and participating in community activities while they learned.

That's because Empire State College was designed for motivated learners. At Empire State College, you can study independently, either through online courses or independent studies with a faculty mentor, or a combination of both – the fast-growing blended learning. You also may take study groups with your peers focusing on topics of interest or cross register at another college. At Empire State College, the best way to learn is determined by you.

You will be guided by a SUNY faculty mentor, assigned to you, who will assist you in designing a degree program that fits your needs, identifying prior college-level learning, and helping you to plan how to fulfill the academic requirements you will need in order to complete your degree. With your mentor's help, you will tailor a degree program that meets your needs and aspirations.

Empire State College also is a leader in providing college degrees for our active and returning men and women of the military. In 2012, nearly 200 military men and women earned degrees that will allow them to advance in their military careers or transition to civilian jobs. The college's Office of Military and Veteran Education employs specialists, often former military themselves, to help our active and returning service members plan a degree program that is rigorous, yet which they can complete during their deployments or stateside.

And when they have earned their undergraduate degrees, the college offers them the opportunity to complete a graduate degree in a wide array of areas including business administration, policy studies, liberal studies, teaching and exciting new fields such as adult learning and emerging technologies. We also have numerous certificate programs that can stand alone, or later be counted toward a degree program.

In more than 40 years, Empire State College has partnered with people like you seeking to advance professionally and personally. **Call 877-372-6759, or visit [www.esc.edu](http://www.esc.edu),** to embark on what can be one of the most exciting journeys you will ever take.



## Choose Your Destination... Get on the Road!



**THERE IS STILL TIME  
TO REGISTER  
FOR FALL 2012!**

## New York School of Career and Applied Studies

### ASSOCIATE'S AND BACHELOR'S DEGREES

- Business Management and Administration with concentrations in:  
Accounting, Finance, Marketing, Management, Information Systems
- Information Technology: Network Administration and Security
- Human Services with concentrations in: Adult and Family Services, Gerontological Services,  
Child and Youth Services, Developmental Disabilities, Addiction Services, Human Services Administration
- Psychology • Education • Biology • Social Sciences
- Paralegal Studies • Digital Multimedia Design
- Liberal Arts and Sciences • and more

### HONORS TRACKS

Integrated Undergraduate/Osteopathic Medicine  
Integrated Undergraduate/Pharmacy

### CERTIFICATE PROGRAMS

- DMX—Digital Media Arts  
212.463.0400 x5588  
for a full list of certificate programs  
go to [www.touro.edu/nyscas](http://www.touro.edu/nyscas)

### OTHER PROFESSIONAL OPPORTUNITIES

- Pre-Law • Pre-Medical • Pre-Dental

**MANHATTAN: 212.463.0400 x5500**

**BROOKLYN: 718.265.6534 x1003**

Bensonhurst, Brighton Beach, Flatbush,  
Kings Highway, Starrett City, Sunset Park

**QUEENS: 718.353.6400 x107** Flushing  
**718.520.5107 x102** Forest Hills

**NYSCAS**  
A Division of  
**TOURO COLLEGE**

### INFORMATION SESSIONS:

#### Manhattan:

27-33 West 23rd Street, Admissions Office  
Wednesdays, 12 noon-5 pm  
212.463.0400 x5500

#### Brooklyn:

1870 Stillwell Avenue, Admissions Office  
Wednesdays, 11 am-7 pm  
718.265.6534 x1003



[www.touro.edu/nyscas](http://www.touro.edu/nyscas)



# CUNY in the Heights

Division of Continuing Education & Workforce Development

CALL TODAY!  
212-567-7132



## HEALTHCARE CERTIFICATION & CAREERS

### Medical Billing & Coding Specialist (300 hrs)

Healthcare providers are increasingly transitioning to electronic medical records and billing systems. Earning a Medical Billing & Coding Certification can increase your marketable skills and prepare you for entry-level positions in this expanding field.

|                                     |       |              |         |          |
|-------------------------------------|-------|--------------|---------|----------|
| Anatomy & Physiology (39)           | T, Th | 9/25-11/1/12 | 6pm-9pm | \$275    |
| Medical Terminology (39)            | T, Th | 12/12/12     | 6pm-9pm | \$275    |
| Health Information Mgmt. (30)       | T, Th | 1/8-2/7/13   | 6pm-9pm | \$245    |
| Health Law and Ethics (18)          | T, Th | 2/12-2/28/13 | 6pm-9pm | \$195    |
| ICD-9 Coding / Inpatient (33)       | T, Th | 3/5-4/9/13   | 6pm-9pm | \$255    |
| ICD-9 Advance Coding (42)           | T, Th | 4/16-5/30/13 | 6pm-9pm | \$295    |
| CPT-4/HCPCS (42)                    | T, Th | 6/4-7/23/13  | 6pm-9pm | \$295    |
| Computerized Medical Billing (24)   | T, Th | 7/30-8/22/13 | 6pm-9pm | \$225    |
| ICD-10/ HIPAA Compliance (24)       | T, Th | 8/27-9/19/13 | 6pm-9pm | \$225    |
| Professional/Career Development (9) | T, Th | 9/24-9/26/13 | 6pm-9pm | Included |

### Certified Nursing Assistant (CNA) (130 hrs)

Our program is a NYS Dept of Health approved training program for those seeking employment as nursing assistants in hospitals, nursing home hospices and home health agencies.

|                             |      |                |         |       |
|-----------------------------|------|----------------|---------|-------|
| Certified Nursing Assistant | M-Th | 10/15-11/28/12 | 9am-2pm | \$995 |
| Certified Nursing Assistant | M-Th | 10/1-12/18/12  | 6pm-9pm | \$995 |

### Certified Electrocardiography Technician (30 hrs)

This course will introduce students to the techniques necessary to perform a twelve lead resting electrocardiogram (ECG/EKG).

|                |       |               |          |       |
|----------------|-------|---------------|----------|-------|
| EKG Technician | M-Fri | 9/24-10/5/12  | 9am-12pm | \$349 |
| EKG Technician | Sat   | 10/6-11/10/12 | 10am-3pm | \$349 |

### Certified Phlebotomy Technician (80 hrs)

Learn the anatomy and physiology of the venous system as well as phlebotomy practices. Perform blood collection procedures.

|                       |      |                |         |       |
|-----------------------|------|----------------|---------|-------|
| Phlebotomy Technician | M-Th | 10/29-12/13/12 | 6pm-9pm | \$849 |
|-----------------------|------|----------------|---------|-------|

### American Heart Association Basic Life Saving BLS (6 hrs)

|  |     |         |          |      |
|--|-----|---------|----------|------|
| BLS/Pro Rescue for Healthcare Provider | Sat | 9/29/12 | 10am-4pm | \$99 |
|--|-----|---------|----------|------|



CNA + EKG + Phlebotomy + CPR = Patient Care Technician (PCT)

### Pharmacy Technician Certificate Program (50 hrs)

This comprehensive 50 hour course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam.

|                     |       |              |         |       |
|---------------------|-------|--------------|---------|-------|
| Pharmacy Technician | T, Th | 10/9-12/6/12 | 6pm-9pm | \$999 |
|---------------------|-------|--------------|---------|-------|

### Dental Assistant Certificate Program (80 hrs)

This course covers introduction to the dental office; the legal aspects of dentistry, policies and guidelines. Clinical aspects are also covered.

|                  |      |              |         |        |
|------------------|------|--------------|---------|--------|
| Dental Assistant | M, W | 10/1-1/16/13 | 6pm-9pm | \$1199 |
|------------------|------|--------------|---------|--------|

### Clinical Medical Assistant Program (140 hrs+160 hrs Clinical Externship)

This program will train students to assist physicians by performing functions related to the clinical responsibilities of a medical office.

|                            |          |             |         |        |
|----------------------------|----------|-------------|---------|--------|
| Clinical Medical Assistant | M, T, Th | 10/1-2/4/13 | 6pm-9pm | \$2399 |
|----------------------------|----------|-------------|---------|--------|

**CUNY in the Heights/Hostos Community College**  
5030 Broadway, New York, New York 10034  
cunyintheheights@hostos.cuny.edu www.hostos.cuny.edu/contedu





## Get Back to Your Future.

### ADULT UNDERGRADUATE DEGREE PROGRAMS

- Business Administration with a Major in Accounting
- Criminal Justice
- Community Health and Human Services\*
- Computer Information Systems\*
- General Studies
- Health Administration\*
- Marketing
- Nursing (R.N. Required)
- Organizational Management\*
- Organizational Management Online Program

\* Programs offered on weekend college

Graduate degree programs available in Creative Writing, Education, Human Services, Management and Nursing



SCHOOL OF PROFESSIONAL  
AND GRADUATE STUDIES

*Transforming lives—  
one student at a time.*

LONG ISLAND 631.687.4501 BROOKLYN 718.940.5800

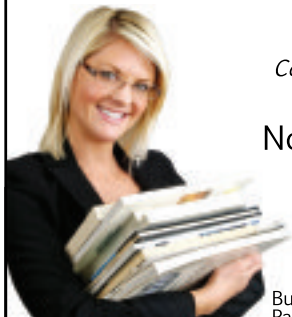
[sjcny.edu](http://sjcny.edu)

*“True leadership isn’t about you,  
it’s about helping the people you lead  
to grow into their greatest potential.  
It’s something I try to practice everyday,  
and I learned that lesson from St. Joseph’s.”*

Jeffrey Maddrey, Deputy Chief, NYPD

## NEW Paralegal Studies Program

### Associate's Degree



*Conveniently located in Manhattan's Financial District.  
Easy access to express subways and buses.*

Now Enrolling for September Classes

**Call Today!**  
**(866) 781-8043**

25 Broadway, Floor 16  
New York City, NY  
Accredited Member, ACICS

Business Management **NEW**  
Paralegal Studies **NEW**  
Massage Therapy **NEW**  
Medical Assisting



For Albany extension program details and disclosures visit [mildred-elley.edu/disclosures](http://mildred-elley.edu/disclosures)

**NEW Online Courses:** transcription and coding careers. Call to learn more! (888) 414-6154

## NEW Business Management Program

### Associate's Degree

*Conveniently located in Manhattan's Financial District.  
Easy access to express subways and buses.*

Now Enrolling for September Classes

**Call Today!**  
**(866) 781-8043**



**NEW** Business Management  
**NEW** Paralegal Studies  
**NEW** Massage Therapy  
Medical Assisting

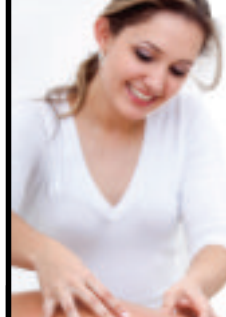


25 Broadway, Floor 16  
New York City, NY  
Accredited Member, ACICS

For Albany extension program details and disclosures visit [mildred-elley.edu/disclosures](http://mildred-elley.edu/disclosures)

## NEW Massage Therapy Program

### Associate's Degree



*Conveniently located in Manhattan's Financial District.  
Easy access to express subways and buses.*

Now Enrolling for September Classes

**Call Today!**  
**(866) 781-8043**

25 Broadway, Floor 16  
New York City, NY  
Accredited Member, ACICS

Business Management **NEW**  
Paralegal Studies **NEW**  
Massage Therapy **NEW**  
Medical Assisting



For Albany extension program details and disclosures visit [mildred-elley.edu/disclosures](http://mildred-elley.edu/disclosures)

**NEW Online Courses:** transcription and coding careers. Call to learn more! (888) 414-6154

## Medical Assisting Program

### Associate's Degree & Certificate

*Conveniently located in Manhattan's Financial District.  
Easy access to express subways and buses.*

Now Enrolling for September Classes

**Call Today!**  
**(866) 781-8043**



**NEW** Business Management  
**NEW** Paralegal Studies  
**NEW** Massage Therapy  
Medical Assisting



25 Broadway, Floor 16  
New York City, NY  
Accredited Member, ACICS

For Albany extension program details and disclosures visit [mildred-elley.edu/disclosures](http://mildred-elley.edu/disclosures)



# PARALEGAL STUDIES PROGRAM

***Make a Strong Case for Your Career***



The Borough of Manhattan Community College's Paralegal Studies program is of unsurpassed quality. This 17 week, 276-hour intense program provides a well-rounded course in Paralegal Studies for those seeking entry-level positions as well as those with experience.

Attorneys know certificate program students are trained in one thing: Paralegal skills! After all - that's what the Attorney wants; a well trained paralegal. **If you want to succeed in the paralegal profession, join BMCC's Paralegal Studies (Certificate) Program in our Continuing Education department.**

**Faculty:**

Our faculty include full-time practicing Attorneys and a Judge. They are passionate educators committed to nurturing our success and ushering in the legal professionals of tomorrow.

**Cohort 1**

Tuesdays and Thursdays from 6pm-9pm  
\$2,800/34 Sessions

**Start Dates:**

10/23/12 to 3/12/13;  
4/2/13 to 8/13/13

**Cohort 2**

Saturdays from 9am-5pm  
\$2,800/34 Sessions

**Start Dates:**

1/12/13 to 5/11/13;  
6/1/13 to 9/28/13

**Requirements:**

Applicants must meet the minimum requirements:

- High School Diploma/GED or Higher
- TABE (Reading) Test
- Must be at least 18 years old

*\* Number of weeks to launch your Paralegal Career.*

# 17

**Contact:**

**Annett Sealy**  
**(212) 346-8426**  
**[ASealy@bmcc.cuny.edu](mailto:ASealy@bmcc.cuny.edu)**



# Start Your 4-Year Degree at a 2-Year College

Located in Lower Manhattan's historic Tribeca, Borough of Manhattan Community College (BMCC) offers mentoring, internships—and a smooth transition to a 4-year college.

NEW YORK - Students at BMCC thrive in small classes and special research projects, mentored by professors who guide them to academic opportunities within and beyond the College.

They benefit from an affordable, high-quality education, and choose from 30 majors.

Many earn an Associate degree in Liberal Arts, and move into a specific academia area, once they transfer to a 4-year college.

Others major in a specific area and earn an Associate degree that links directly to a Bachelor's degree program at a CUNY 4-year college.

## Start here, transfer there

BMCC graduates who earn Associate degrees in Criminal Justice, Biotechnology, Forensic Accounting, Health Information Technology, Communication Studies, Bilingual Education, and Mathematics and Science for Secondary Education are all on track to transfer directly into specific Bachelor's degree programs at CUNY colleges throughout the City.

This means, their education continues seamlessly at schools including John



## BMCC offers mentoring, internships—and a smooth transition to a 4-year college.

Jay College, York College, the CUNY Center's School of Professional Studies, City College, Brooklyn College, Hunter College and Lehman College.

## Start here, build a career

BMCC also offers a solid grounding in Engineering, Science, Math, Writing and Literature, Theatre,

Computer Information Systems, Business Management, Media Arts and Technology, Human Services, Allied Health and Nursing—all of which award an Associate degree and prepare students for the third year of a 4-year college.

BMCC students attend daytime, weekend, evening and online classes, seven days a week. They build their resumes with

internships, exploring financial, IT and other industries throughout nearby Wall Street and City Hall.

Whatever their academic or career goal, BMCC students make a path that is uniquely theirs, living out the school's motto in their choice of a major: Start Here. Go Anywhere.



# On the hunt for Wildcat

► Jets were supposed to make liberal use of Tebow ► Only used him for three plays on Sunday despite close game ► Did they abandon it already?

The big story is the non-story for the Jets.

Underutilized backup quarterback Tim Tebow was in for the Wildcat on just three plays in Sunday's 27-10 loss at Pittsburgh, a reduction from the eight Wildcat plays his team ran the week before in a win over the Bills. In a game where the Jets lost the battle for the time of possession and ran the ball ineffectively, it was puzzling to see Tebow, whose 22-yard run in the third quarter was the Jets' longest run of the game, not be inserted into the offense.

"I thought we were doing a great job offensively early in the game. ... You're always going to do what's in the best interest of your team, what you think is going to give your team a chance to be successful," Ryan said. "We did have some Wildcat plays going into that game, but as the game went on, we're down by 10 points late in that game. I even thought about it. It was more like, 'We're down, let's make some plays.' We knew we were getting some press coverage on the outside and



JOE SARGENT/GETTY IMAGES

► Tebow exploded in his typical show of emotion after a 22-yard run in his first play out of the Wildcat in Pittsburgh, but the Jets didn't stick with it.

**28** The Jets used the Wildcat just three times even though it netted them a total of 28 yards.

we thought we could make some plays."

But the Jets didn't make plays. Outside of a game-opening drive for a touchdown where he was sparkling, quar-

terback Mark Sanchez was just 6-of-21 for 68 yards the remainder of the game.

**KRISTIAN DYER**  
sports@metro.us

## Ryan brings bravado to his defense

Through two games, the Jets have allowed 55 points, good for No. 23 in the league.

That's not good, but it's even more noteworthy considering head coach Rex Ryan said this team had the potential to be "the best defense he's ever coached."

Ryan had a message for those who criticized his currently struggling unit.

"Bet against us, that's all I'm saying," he said. "Bet against us, we'll see where it ends up. I know where it's going to end up. I tell you every year; it's the same thing."

The defense will improve once Darrelle Revis returns, but Ryan said yesterday it was not a foregone conclusion he'd be ready Sunday. ● **METRO**



# 3

## In the news

### Pats lose TE

The notoriously tight-lipped Bill Belichick didn't give an update on injured tight end Aaron Hernandez yesterday, but reports out of New England indicate he will miss at least a few weeks.

Hernandez injured his ankle when teammate Julian Edelman accidentally rolled up on him.

The Patriots don't play the Jets until Week 7, so Hernandez may be ready to return by that game.

# Giants face two-day week

The Giants completed one of the greatest second-half performances in franchise history, but they have no time to pat themselves on the backs. Big Blue has a quick turnaround with the Panthers looming Thursday night.

The problem of trying to gameplan for the Panthers' talented roster on a short week is cumbersome enough, but with the secondary short-handed it makes for an uphill battle.

Cornerback Corey Webster said that's just the way the quirky schedule has played out and refused to use those obstacles as excuses.

"We're not going to get in a lot of preparation that we normally get, so it's going to be a cut down week. But I think both teams are going through the same situation, so I think that kind of equals it out," Webster said.



JIM MCISAAC/GETTY IMAGES

► Corey Webster and the Giants secondary will be tested by Cam Newton on a short week of preparation.

ster said. "It is what it is. We'll go out there and work hard together. ... Everybody is preparing and wants to go out there and make the best of it."

The Giants will make the

best use every minute of Monday and today's preparation days, considering they'll have so much to cram into the game plan on such short notice. With cornerbacks Prince Amukama-

ra and Michael Coe continuing to mend, rookie Jayron Hosley still learning the ropes and Webster and Justin Tryon struggling so far, the Panthers' multi-layered attack will be difficult to stop.

Coughlin never shows his hand, but it was apparent he has concerns about the status of his maligned secondary.

"Anytime you're giving up long touchdowns, you [worry]," Coughlin said. "We'd obviously like to be in better position for those [deep] balls and hopefully we'll continue to improve with regards to that. But you have to again realize that there's some quality people on the field against you as well."

As for Amukamara, who was a late scratch on Sunday, Coughlin said he'll make a determination on Thursday's game later. ● **TONY WILLIAMS**

## QUALITY DENTURES AND DENTAL IMPLANTS THE SAME DAY



- Full Service Dental Office
- Repairs & Relines While-U-Wait
- Dental Implants • Crowns & Bridges
- Cosmetic Dentistry
- Senior Citizen Discounts



Featured on: **TopDoc America**  
Free Consultation • Most Insurance Welcome

**212.689.0024** [www.heraldsquaredental.com](http://www.heraldsquaredental.com)

224 West 35th St., New York, NY 16th Floor (between 7th and 8th Avenues)

**LOOSE DENTURES?** NY's Place for Confident Smiles - Since 1977  
AFFORDABLE, QUICK & EASY

- Leaves palate uncovered
- No more messy adhesives
- Prevents rubbing & soreness

### NEW PATIENT PACKAGE

MAINTENANCE  
CLEANING  
DIGITAL X-RAYS

**\$89**

With this ad only. One per patient.  
First visit only. Coupon expires 9-30-12

### NEW PATIENTS ONLY

ONE  
DENTURE  
RELINE

**\$194**

With this ad only. One per patient.  
First visit only. Coupon expires 9-30-12



BRUCE BENNETT/GETTY IMAGES



► NHLPA Executive Director Donald Fehr holds court while players, including Sidney Crosby, look on at the most recent players' association meeting last Thursday.

# NHL lockout has players frustrated

► Owners made lockout official this weekend ► Parise, others question owners' demands ► Stars flee overseas

The expected is now reality.

After they were unable to reach an accord on a new collective bargaining agreement, the NHL locked out its players at 12:01 a.m. Sunday morning. Until an agreement is in place, team officials are not allowed to have contact with players. The players will not be paid and are barred from team facilities.

Following the Board of Governors meeting at the Crowne Plaza on Thursday afternoon, NHL Commissioner Gary Bettman told reporters that there was a "complete show of support" for the lockout, noting the "vote was unanimous."

This is the third lockout in 18 years, and dating back to the players' strike in 1991-92, the fourth work stoppage in 20 years.

"[Lockouts are] their first option. That's the sense I've gotten. That's kind of been the theme," Zach Parise said Wednesday afternoon prior to the start of the two-day NHLPA Executive Board and Negotiating Committee meetings at the



**"[The owners] commit those [money and years] to you and then they want it back."**

**ZACH PARISE, FORWARD, MINNESOTA WILD**

Marriott Marquis. Two hundred and seventy-five players attended Wednesday's session, and 283 were present Thursday.

At the crux of the lockout is money. Both sides agree that revenues have grown by 7.1 percent every year since the 2004-05 lockout. Bettman announced before Game 1 of the Stanley Cup final that the

league earned \$3.3 billion.

The league is asking for the players to accept salary reductions. The players earned 57 percent of hockey-related revenues (HRR) during the 2012-13 season, which the owners view as untenable.

"Fifty-seven percent of HRR is too much," Bettman said last week. "We believe we're paying out [too much in salaries]."

It is a stance that has angered and baffled the players. "That's the part that doesn't make a lot of sense. [The owners] commit those things [money and years] to you and then they want it back," said Parise.

"Progress [the] last couple weeks has been disappointing," said Islanders alternate captain John Tavares following Wednesday night's session. "They've made a lot of changes [to their proposal]. It's been about cutting our salaries."

**DENIS GORMAN**  
sports@metro.us



**Do you or someone you know have SICKLE CELL DISEASE?**



Emmaus Medical, Inc. is conducting a research study for patients with sickle cell disease (HbSS) or sickle  $\beta^0$ -thalassemia.

To qualify for this study you must:

- Be five years or older
- Have had two or more crises during the previous year
- Meet other inclusion criteria

For more information contact Dr. Rafael Razon or Dr. Henry Macan at:

**1-855-SCD-JOIN or 1-855-723-5646**

To see participating sites visit **www.clinicaltrials.gov** | NCT#: NCT0179217

## Top NHL stars already sign overseas deals

The NHL and NHLPA have not held formal bargaining sessions since Thursday, and it is not known when the two sides will resume talks.

In the interim, players have already begun looking for other playing options. The KHL is a potential destination. The Russian league recently modified its rules for signing NHL players. KHL teams can sign three NHL players as long as those

players have played 150 NHL games spanning the last three seasons; have competed for their country in the World Junior Hockey Championships, World Championships or Olympics in the last two years; and have been on a Stanley Cup champion, conference champion or have won post-season individual awards.

Already the KHL has begun attracting NHL players. Evgeni Malkin and Sergei Gonchar have signed with Metallurg Magnitogorsk, while Lokomotiv Yaroslavl will reportedly sign Alex Semin. ● METRO/DG



**Alexander Semin**



# Pettitte returns for Yanks

Andy Pettitte is no stranger to pressure games. They just don't usually come on Sept. 18 or after almost three months sitting on the sideline.

Pettitte makes his first start tonight since a comebacker fractured his left ankle on June 27. He will be doing it in the midst of the Yankees' tightest playoff race since they missed the postseason in 2008.

"I don't feel pressure. I really don't," Pettitte said Sunday. "I know I'm going to go out there, hope I can get in a good rhythm, have my command and throw the ball well."

The Yankees had yesterday off, while the Orioles played late at Seattle. New York held a one-game lead prior to last

**ON TV TONIGHT**  
Yankees vs. Blue Jays  
7 p.m., YES

night's Orioles game.

The Yankees' ace, CC Sabathia, has struggled over the past handful of starts. He's 0-3 with a 4.67 ERA over his last four starts. That leaves the 40-year-old Pettitte in a much more important position than the team ever imagined when he came out of retirement in April.

"Even though I've been out for a couple of months, I know exactly what's expected out there and I'm ready for it," Pettitte said. "I'm looking forward to it being a battle." ● METRO



JIM MCISAAC/GETTY IMAGES

► Pettitte was 3-3 with a 3.22 ERA and 59 strikeouts in his first 58 2/3 innings before being injured.

## Mets shut down Harvey

After last night, R.A. Dickey is really the only reason to watch the Mets.

The team announced yesterday that Tuesday's start would be rookie Matt Harvey's last this season.

Harvey has been the brightest spot for the Mets' young corps. Lucas Duda struggled and was sent



down, while Jordany Valdespin and Ruben Tejada also struggled at the plate.

After last night, Harvey has made 10 starts for the team. He was 3-5 with a 2.92 ERA through the first nine.

"My body feels great. I'm not feeling any signs of fatigue or wear and tear. Nothing," he said. ● METRO

**DIRECTORY**

## Legal Services

To place an ad call  
**Jennifer Clark at**  
**646-792-8042** or email  
**jennifer.clark@metro.us**

**Live Life without Debt**

Overwhelmed by credit card debt? Bankruptcy can be your new start

Free Consultation • Low Fees, Installments  
Personal, Caring Service

Restart Your Financial Future!  
**Jay Simon Attorney**  
718.222.4619  
32 Court Street, Suite 805, Bklyn  
Call Today, Change Tomorrow

Over 60 Years of Experience

**DINERMAN BERGAM & DINERMAN**

## ACCIDENT?

**ALL ACCIDENT CASES HANDLED**

Car/Bus/Train • Slip/Trip and Fall • Elevator • Real Estate

**150 BROADWAY NYC • (212) 267-7575**

Free Consultation **ASK FOR MARIA** *Hablamos Español*

**INJURED?**  
**NEED A LAWYER?**  
**FREE CONSULTATION**

**212-571-9200**  
[www.accident-lawyer-ny.com](http://www.accident-lawyer-ny.com)

**Feiner & Lavy, P.C., Attorneys at Law**  
325 Broadway • Suite 401 • NY, NY 10007  
עבירות, אל ער, ספאנול Attorney Advertisement

## BACK PAIN

ACUPUNCTURE

overweight stress anxiety back neck joint pain  
fatigue pinched nerve poor circulation  
microdermabrasion massage physical therapy reiki

Accept 1199 aetna unitedhealth care  
blue cross neighborhood medicare  
metroplus affinity amerigroup cigna  
[www.MedicalHolistics.com](http://www.MedicalHolistics.com)

115W 30 St. #500B (btwn 68/7 Ave)  
**212-764-3924**  
Englewood NJ : 201.944.0985

**metro health**

Check out Metro's Online  
Medical Research Directory  
at [health.metro.us](http://health.metro.us)

## Medical Research

To place an ad call **Brett Lurman at**  
**646-792-8008** or email **brett.lurman@metro.us**

**DO YOU HAVE PSEUDOTUMOR CEREBRI?**  
**IF YOU HAVE BEEN RECENTLY DIAGNOSED WITH THIS CONDITION,**  
**YOU MAY BE ELIGIBLE TO ENROLL IN A CLINICAL TRIAL**

Some of the requirements to enter the research study are:  
Diagnosis of pseudotumor cerebri • Age 18 - 60 years old at the time of diagnosis  
• Mild vision loss from this disease

Time requirements: 1 - 4 years. Enrolled subjects will receive \$30 per study visit  
**Please call the research coordinator at 646-962-4118 for more information.**  
WCMC IRB protocol number #: 1110011969

## WANT TO STOP USING COCAINE?

Albert Einstein College of Medicine is looking for cocaine dependent volunteers who are age 18 to 65 to participate in a research study. Eligible participants will receive up to 8 weeks of no-cost intervention that may include medication and "talk" therapy. Compensation for time and travel available.

**FOR MORE INFORMATION, PLEASE CONTACT ANDREA OR MATTHEW AT THE RESEARCH OFFICE.**

## 347-493-8555

## HELP ANOTHER WOMAN GET PREGNANT.

**BECOME AN EGG DONOR**

Women between the ages of 21 and 32 can help make a woman's dream come true.

For more information, please call our confidential toll-free number  
**1-866 GIVE EGG**  
Or visit our website  
[www.Columbiaeggdonor.Org](http://www.Columbiaeggdonor.Org)

**EGG DONORS ARE COMPENSATED \$8,000**

**Columbia University**

## DO YOU SUFFER FROM BIPOLAR DEPRESSION?

If so you may want to consider participating in an investigation medication research study for those:

- Diagnosed with Bipolar I Disorder
- Currently experiencing symptoms of depression
- Between the ages of 18 and 65

For more information, please call us at:

**BMR**  
Behavioral Medical Research

## 718.351.8100

[info@bmrsi.com](mailto:info@bmrsi.com) | [www.bmrsi.com](http://www.bmrsi.com)

## ARE YOU DEPRESSED?

Help us understand how the brain responds to treatment for depression

This is a research study for individuals ages 18-75 who are depressed.

The study involves assessment of depression and cognitive abilities as well as magnetic resonance imaging (MRI)

If interested, please call the Depression Clinic at (212) 543-5067

The research study is conducted at  
NYSPI / Columbia University Medical Center

Get **PAID** to help find a cure!

Find and enroll in local medical research studies at [health.metro.us](http://health.metro.us)

**metro health**



# metroclassifieds

in  
print  
&  
online

**TO PLACE AN AD:**  
 ☎ 866-900-9473  
 🌐 CLASSIFIED.METRO.US  
 ✉ NEWYORKCLASSIFIEDS@METRO.US  
**CLASSIFIED AD DEADLINE:**  
 5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

**IMPORTANT INFORMATION:**  
 All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

**Real Estate/Sale**



**PUBLISHERS NOTE**  
 All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes it illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at (800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 306-7500 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500.

## Condos

**\$79,000 Renovated Co-op**  
 1 BED \$458 Maint. Last Stop D Train, View Photo @ www.3281coop.blogspot.com. Call 646.284.3794 Less Than \$38K Income To Qualify

## Homes

**EAST 231 ST - Huge Det Mint 2 Fam, 3/2 BRs, Fin Bsmt, 2 Car Gar, Granite Count, HW Flrs, Quiet St.**  
 Min DP \$17,250 Owner 917-510-7005

**Parkchester Van Nest St 2 fam brk det, fully renov, 3/3 bth, fin bsmt, new roof, hwd flrs, low dp, Nice st.**  
 \* Owner 646-431-0105, 718-740-5222 \*

**EAST ELMHURST** 299,000  
 2 Family Brick 3/3, full finished basement, Driveway, Call Maybell Hablaman Espanol 718-300-7057

**LINDEN BLVD & 226 ST \* 100% Brk New Luxury 1 Fam, 4BR/4BA, Walk In Tiled Bsmt, CAC, Driveway, Pvt Yard, 3.5% Down. Owner 917-510-7005**

## Real Estate Wanted

**A Guaranteed Offer on your home in 24 Hrs!**  
 • Very little **equity?**  
 • Behind on **payments?**  
 • **Moving?**  
 • We BUY **CASH**  
 • We pay **MARKET VALUE**  
 Call Adam at (347) 903-4786

**I Buy Houses CASH!**  
 Quick Sale - Fair Price  
**914-237-1418**

**Real Estate/Rent**

## Apartments

**Southern Bronx Locations Immediate Studio, 1, 2 & 3 BR Apts. Newly Renov Units, Lge Open Flr Spce.**  
 \$822/mo & up. Owner 718-620-1345

**\*BED STUY\* 2 Br on 1st floor, \*BACKYARD\* Access, hwd flrs, Stainless appliances, \$1700/mo 1 mo rent 1 mo sec. Owner 718-564-9499**

**CANARSIE & E. NY \* 1 & 3 Br Apts**  
 Nr Shops & Transp.  
**JOHNSON REALTY 718-209-7005**

**\*EAST FLATBUSH & CANARSIE\***  
 Studios, 1, 2 & 3 BR apts. Call Agent: 718-451-1000 or 917-690-2338

**\*E. Flatbush & Brooklyn All Areas \***  
 \* Studios \$950 & Up \* 1 BRs \$900 & Up \* 2 BRs \$1200 & Up \* 3 BRs \$1400 & Up \* C-21 ACHIEVERS 718-758-0600

**BRONX 1 BEDROOM APTS, Starting at \$925 Transp. near by.**  
 Call 212-752-2670  
**After 5pm Sat., Call 718-644-4098.**

**QUEENS STUDIO and 1 BEDROOM APTS. Near Transportation**  
 Call 212-752-2670 from 9am-5pm.

**NO BROKER FEE - IMMEDIATE OCCUPANCY**  
**PARKCHESTER IS A GREAT PLACE TO LIVE WITH A GREAT SELECTION OF 1 & 2 BR RENTAL APTS**  
**1BR's \$985** STARTING AT ONLY  
**ONE HALF MONTH FREE RENT ON 1BR's**  
 ON 2 YEARS LEASE  
 IF YOU SIGN BY 5/1/14  
**SPACIOUS 2BR's \$1325** AS LOW AS  
 On site shopping, restaurants, offices, even a movie theatre. 30 minutes to midtown via 45 subway or express buses.  
**SEE MODEL APTS & PREMIER APTS AT OPEN HOUSE:**  
**TUES & THURS - 6PM-7:45PM SAT - 10AM-1:45PM**  
**APPLY ONLINE TODAY** or schedule an appointment  
 (Open House Sat) **718-412-4696**  
 www.parkchesternyc.com

## Apartments

**Apartment Rental Building Extravaganza**  
**No Fee \* No Fee \* No Fee**  
**Bronx / Brooklyn**  
 Immediate Occupancy (1/2 month's Free) on All Studios 1, 2, 3, Bedrooms  
**Fully Renovated:**  
 Upgraded Kit / Bathrooms, Hard Wood Floors, New Appliances, Freshly Painted  
**(24 hr Approval)**  
**Must Meet Income Requirements**  
**FOR VIEWING PLEASE CONTACT 347-413-2911**  
 24 hr. Security Surveillance On-Site Superintendent

## Condos

**\*East 43rd Street Large 2 Br, Lr, Dining Area, EIK, Desirable location, needs work \$15K Coop\***  
 Call Agent: 917-609-1109

## Miscellaneous

**FLATBUSH:** Furn Rm, shore ba, no cooking, utils incl. Non-smoking Male pref. no pets, \$252/mo + 1 mo security. Owner 917-887-7056

**E. FLATBUSH - Lge Room for rent**  
 Share Kit & Bth. Nr Transp. \$150/wk, 1 wk rent + 2 wks sec. Owner 347-430-1034 bet 8am-9pm

## Rooms

**Affordable Furnished Rooms in Manhattan**  
 Utilities Included  
 Same Day Move In  
 Cable, TV, Internet  
 No Credit Check  
 \$125 per week  
 Call 212-862-0457

**For Sale**

## Collectibles

**Live Antiques Auction every Friday at 7:00 PM IN BROOKLYN**  
 In house @ 482 78th St., Bklyn.  
 AntiqueRaiders.com 646-239-7960

## Miscellaneous

**\$\$\$CASH PAID\$\$\$**  
 Buying diabetic test strips, nicotine patches, gum and expired strips. We beat all competitor's prices.  
 All day dropoff/pickup.  
**Call 646-400-5270**

## Apartments

**Apartment Rental Building Extravaganza**  
**No Fee \* No Fee \* No Fee**  
**Bronx / Brooklyn**  
 Immediate Occupancy (1/2 month's Free) on All Studios 1, 2, 3, Bedrooms  
**Fully Renovated:**  
 Upgraded Kit / Bathrooms, Hard Wood Floors, New Appliances, Freshly Painted  
**(24 hr Approval)**  
**Must Meet Income Requirements**  
**FOR VIEWING PLEASE CONTACT 347-413-2911**  
 24 hr. Security Surveillance On-Site Superintendent

## Furniture

**\*ALL NEW LEATHER\* Living Rm Set, Brand New, in Factory Pkgs. Original \$3000+ Give Away at \$799.**  
**\*ALL NEW BEDROOM SET \***  
 Solid wood, cherry finish, in factory pkgs. Original \$3000+ Steal at \$799. Can deliver. 718-499-4499

**Pets**

**♥ ADORABLE YORKIE PUPPIES ♥**  
 CALL TRACY 718 236-1515

**♥ MALTESE PUPPIES ♥ Adorable Toy & Teacup sizes. Call 718-259-2295**

**★ ★ SHIH-TZU PUPPIES ★ ★**  
 Toy & Imperial Sizes, All Colors  
 Call 718 236-7567

**♥ YORKIE PUPPIES FOR SALE ♥**  
 Toy & Teacup sizes. Call: 718-259-2295

**Business Opportunities**

## Business Opportunities

**Lose Weight & Make Money & Help Others Do the Same**  
  
 PerfectBodyForLife.com  
 ViSalusOverView.com

**metroclassifieds**  
 to place an ad call  
**866-900-9473**  
 or visit us at [www.metro.us](http://www.metro.us)

**Career Training**

**It's Not Too Late. There's Still Time to Enroll!**  
 • Court Reporting (CART & Closed Captioning)  
 • Paralegal • Medical Office Specialist  
**Call 1-866-362-8824 • nycl.edu**  
**CLASSES BEGIN SEPT. 24TH!**  
**Call NYCI Now for Information on Same Day Registration!**  
**NYCI NEW YORK CAREER INSTITUTE**  
 11 Park Place, NYC (across from City Hall)  
 For more information about our graduation rates, the metroclassifieds ad we've sponsored, the program and other important information, please visit our website at [www.nycl.edu](http://www.nycl.edu)

**ACE COMPUTER TRAINING CENTER**  
**NEW CAREER OPPORTUNITIES**  
**BECOME A**  
**Medical Assistant / Computer Network Admin**  
**Financial Aid is Available if Qualified**  
**www.acecareer.edu**  
 Manhattan **212 695 9700** CLASSES **CALL**  
 Queens **718 575 3223** STARTING **NOW**

**You CAN do it! Change your life!**  
 Train in the field of **Pharmacy Technology**  
 A simple phone call could change your life.  
**866-942-6444**  
**Sanford-Brown Institute**  
 Garden City, NY • New York, NY  
 Licensed by the New York State Education Department  
 Programs vary by location • [sanfordbrown.edu](http://sanfordbrown.edu)

**HEALTHY BABY?**  
 You could help provide info to doctors and expecting parents. Learn to take **ULTRASOUND** images by training in **DIAGNOSTIC MEDICAL SONOGRAPHY**  
 You could also help doctors detect injuries and illness!  
**866-942-6444**  
**Sanford-Brown Institute**  
 Garden City, NY • New York, NY • White Plains, NY  
 Licensed by the New York State Education Department  
 Programs vary by location • [sanfordbrown.edu](http://sanfordbrown.edu)

**The New York School OPEN ENROLLMENT NOW**  
  
 Medical Assistant Programs  
 EKG/PHLE, CNA, PCT  
 BK Campus: 718.339.7900

**Jobs**

**Customer Service**

**LOBBY STAFF NEEDED**  
 START IMMEDIATELY  
 ALL SHIFTS  
 NO EXP REQUIRED  
 UP TO \$17 P/H  
 BENEFITS  
 INTERVIEWING ASAP  
 CALL: 646.998.5980

## Engineering

**MEN'S HEALTH**  
**\$2 Generic Viagra, Cialis & More**  
 Discreet & Fast Shipping!  
**metromeds.net • 1-888-836-0780**

## Miscellaneous

**Administrative/Personal Assistant Job ADMINISTRATIVE ASSISTANT**  
 JOBNEW Jersey City 123456 Administrative/Office Assistant. MUST BE ABLE TO COMMUNICATE, WILL BE ABLE TO RUN ERRANDS. interested applicant please reply to [edfry909@gmail.com](mailto:edfry909@gmail.com) with her name and phone number.

**PERMAY EMPLOYMENT AGENCY** Provides all types of jobs. 6908 Woodside Ave Qns ♦ FEE 718-764-6630 / 718-672-9832

**Airline Now Hiring.** Major Airline at JFK, LaGuardia & Newark Airports Now Hiring. NO EXPERIENCE NECESSARY. \$14 to \$22/hr + benefits. Call 212-628-1777, FEE

## Healthcare

**Ultrasound, EKG, CPR Course**  
**CORE INSTITUTE**  
 www.medicalultrasoundschool.com  
 Core Ikon Institute  
 Call 917-209-1366

**Access Careers**  
 Brooklyn, NY, 11201  
 Upgrade to PCT from HHA  
 \*Patient Care Tech  
 \*CNA (Nurse Aide)  
 \*EKG/Phlebotomy  
 \*Medical Billing & Coding  
 \*Pharmacy Technician  
 \*Medical Assistant  
 \*Computer Programming  
 \*A+/MCSE/CCNA  
 \*MS Office/Accounting/CPR  
 Financial Aid Avail. if qualified  
 Lowest Tuition Fees in the State  
**Call : 718-643-9060**  
 25 Elm Pl, # 201, Brooklyn, NY  
**www.AccessCareers.Edu**

**JOBS / TRAINING ACCESS CAREERS QUEENS**  
**CNA • Medical Assistant • HHA - Home Health Aide**  
**EKG / PHLE / Pharmacy Tech / ESL / LOANS**  
**Bookkeeping • Quality Analyst • Business Analyst**  
**Solar Technician • Advanced Computer Courses**  
**Call 718-263-0750**  
 STUDENT VISAS @ LOW COST  
 On Queens Blvd Next to (E, F) Subway Stn. • 8002 Kew Gardens Rd, Queens, NY  
**www.accessqueens.com**

**Corporate Security/Lobby**  
 Many Positions Available  
 No Exp, HSD, or GED Needed  
 Paying up to \$22.75/hr.  
 Call 212-221-7497 or 212-221-7432

**★ ★ A BABY STEP IN SECURITY ★ ★**  
 Immediate Hire \* FT/PT \$10-\$22/hr  
 Nonon Hotel, Trump Tower & other Corp Sites/Medical/Retail. No exp, Will train. No HS/GED.  
 ★ ★ CALL 212-359-9540 ★ ★

**A BABY STEP TO EARN BIG**  
 Bilingual a +. Up to \$800-\$1,600/wk.  
 No exp nec. Military a +. Corp. sites  
 Call H.R. ★ 347-573-6597

**A BACK DOOR TO SUCCESS**  
 Staffing over 50 facilities. Pays up to \$17.32/hr. All shifts available.  
 Call Today! 917-553-6549

**A Basic Career in New York**  
 12 positions available. Morning/night shifts open. No exp reqd.  
 Up to \$18.50/hr. Call 718-772-9318

**A BASIC CAREER IN SECURITY**  
 No experience, license or training needed. Up to \$18.50/hr. FT/PT.  
 Call HR: 212-470-4326

**A BASIC SECURITY JOB**  
 Must be available ASAP. No experience necessary. Up to \$22/hr.  
 Call 212-470-3361



# metroclassifieds

**in  
print  
&  
online**

## TO PLACE AN AD:

866-900-9473  
CLASSIFIED.METRO.US  
NEWYORKCLASSIFIEDS@METRO.US

**CLASSIFIED AD DEADLINE:**  
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

## Jobs

### Security / Law Enforcement

★ **A BETTER CAREER IN SECURITY** ★  
Serious applicants only, up to \$18/hr.  
FT/PT. HR# 212-470-4499

★★★ **Able and Ready Guards** ★★★  
No license needed. FT/PT, up to  
\$18/hr. Call Now! 212-470-8796

**A BRIGHT SECURITY JOB**  
Up to \$18/hr FT/PT, no lic needed. No  
experience nec. Must be avail ASAP.  
Call 347-490-7361

★★★ **ABSOLUTE GUARDS** ★★★  
No license needed. FT/PT, up to  
\$18/hr. Call Now! 212-470-4223

Accurate Protective Services,  
No experience, No license required,  
Full Time/Part Time \$18/hr.  
Call 917-272-8224

★★ **ADVANCED GUARDS F/T P/T** ★★  
up to \$18.50/hr. No Exp nec Must  
Start ASAP Call Now! 212-470-5641

**A JOB CHANGES EVERYTHING**  
Need a job? Now conducting inter-  
views. This week only for the largest  
firms. No exp nec. Call 718-864-2234

★★ **ALL GUARDS WANTED** ★★  
No exp/license needed, up to \$16/hr.  
FT/PT. Call HR: 212-470-6046

### Security / Law Enforcement

**CORP/FRONT DESK AGENT**  
Must be avail to start asap. No exp  
nec. Will train. Up to \$22.50/hr.  
Call 212-470-0323 or 212-470-2015

**FRONT DESK GUARDS**  
Wall St. location, no exp necessary.  
Pay up to \$13.25 p/hour.  
Call Lt. Kelly 347-246-9305

Guards Needed ASAP Full Time &  
Part Time Available. \$18.50/hr. Start  
this week. Entry level accepted.  
Please call: 646-361-2519

**HIRING GUARDS FT/PT AVAIL**  
Pay up to \$18.50/hr.  
IMMEDIATE START!  
Call 646-220-0516

**SECURITY - Now Hiring!**  
Armed / Unarmed.  
Call Mr. Emmanuel 347-400-1969.

### Transportation / Travel

★ **DRIVER** ★ **BROOKLYN BUS CO.**  
"CP-BP" lic. & BPS endsmnt req'd.  
Will sponsor for B.O.E.D cert. Apply:  
1 Coffey St., Brooklyn. ☎ 718-852-0286

**DRIVERS WANTED**  
Immediate Hire with CDL  
Access-A-Ride  
All Shifts available  
Monthly Attendance/Safety Bonus  
Medical plan  
Vacation/Personal/Holiday pay  
\$500 Sign On Bonus  
for pre-certified 19A drivers  
Apply in Person 94-01 150th Street,  
Jamaica, Qns M-F 10-2  
1 blk to E/J/Z line/buses/LIRR  
www.professionaltransit.com

### Transportation / Travel

**EXPERIENCED AMBULETTE DRIVERS**  
for NYC. Must have Ambulette  
(TLC) License. 914-968-2500 ext.205

### General Help Wanted

Personal Assistant needed to  
help and organize with good  
attitude, pay is \$450 weekly an  
interested person con-  
tact: debbiemaris@aaim.com

## TUITION-FREE IT TRAINING and JOB PLACEMENT

A+ and MCTS  
Certifications

718-991-8400

**Per Scholas**  
www.perscholas.org

### General Help Wanted

**ATTENDANTS / FRONT DESK**  
Immediate Opportunity!  
Up to \$17/hr. Corporate Sites.  
Call 646-998-9775 for an interview.

**DIESEL & GASOLINE MECHANICS**  
School Bus Co. Full & Part time.  
Union Shop Apply in person:  
1 Coffey St, Bklyn. ☎ 718-852-0286

**Accepting Applicants-\$18/Hr Avg**  
Full Time Entry Level  
**CUSTOMER RELATIONS**  
Training For Accepted Applicants  
Opportunity To Advance  
★ 718-374-5975 ★



### General Help Wanted

**Earn up to \$18/hr-Immed Opening**  
Higher earning potential for  
Individuals with Cust Serv Exp  
However NO EXP REQUIRED  
Advance to Leadership Roles  
★ 914-233-0645 ★

**Parking Attendants & Managers**  
\$9-\$14 / Hour + benefits. Interview  
Tuesday, Sept. 25th. 57 Am St.  
Garage, Manh. ★ Call 212-608-4740

**TELMKTRS F/T EXP ONLY!**  
**MADE YOU LOOK!!!**  
Now All You Have To Do is  
Call. Salary + Comm. +  
Bonus = \$8.-\$12/Hr.  
David (212) 563-7500

## Services

### Careers

**HIGH SCHOOL  
DIPLOMA FROM HOME**  
6-8 weeks accredited  
Get a Diploma! Get a Job!  
Call 24/7 for free brochure  
1-800-264-8330  
www.diplomafromhome.com  
Benjamin Franklin High School

### Training

10A AAAH @ CITY Mon-Sat Pre&Ann  
16hrOJT\*FireGd\*Metol Det\*ATerror  
SG License Pkg\*Pistol Lic Prep \$395  
212-957-1350\*303 W.42 St #610 @8AV

10A of Blue Steel Security. Walk-in.  
Job Plcmt. 8hr/16hr/Ann/Comp. Sec/  
LP/CP/FG/Anit/Met Det/47hr-Armed  
Gun Lic Srvce/ Driving Less. 397  
Bridge St. Call 347-463-9015

**EXTERMINATION/Termite Certification**  
NYS cert. 69 days. Jobs/biz Fin'l aid  
if qual. 24hr 718-205-0557/800-220-5494

**reserve your space**  
DEADLINE: two (2) business days prior to publication at noon.  
**866-900-9473**  
**metroclassifieds**

### Careers

### Psychic

**SHEIKH  
SALEEM**  
917.254.6647  
MYSTICAL AFRICAN  
MEDIUM & SPIRITUALIST  
SOLVES ALL  
YOUR ISSUES.  
LOVE SPECIALIST,  
REUNITE LOVERS,  
BUSINESS,  
JOB, COURT,  
LUCK,  
BLACK MAGIC,  
PROTECTION,  
IMPOTENCY,  
IMMIGRATION, ETC.  
ENGLISH AND FRENCH  
SPEAKING. QUICK RE-  
SULTS  
www.africanmedium.com

## Legal Notices

**NOTICE IS HEREBY GIVEN**  
that a license, serial # 1266041, for  
Restaurant Wine has been applied  
for by the undersigned to sell Wine  
& Beer at retail in a restaurant under  
the Alcoholic Beverage Control Law  
at 40-01 149th Place, Flushing, NY  
11354, for on premise consumption.  
Soosansjang 149 Inc.

## Legal Notices

**NOTICE IS HEREBY GIVEN,**  
PURSUANT TO LAW,  
that the NYC Department  
of Consumer Affairs will  
hold a Public Hearing on  
Wednesday, September  
26, 2012 at 2:00 p.m. at  
66 John Street, 11th floor,  
on a petition from Ephesus  
NYC Corp. to establish,  
maintain, and operate an  
unenclosed sidewalk café  
at 483 Columbus Avenue in  
the Borough of Manhattan  
for a term of two years.

REQUESTS FOR COPIES OF THE PROPOSED  
REVOCABLE CONSENT AGREEMENT MAY  
BE ADDRESSED TO: DEPARTMENT OF  
CONSUMER AFFAIRS, ATTN: FOIL OFFICER,  
42 BROADWAY, NEW YORK, NY 10004.

**NOTICE IS HEREBY GIVEN,**  
PURSUANT TO LAW,  
that the NYC Department  
of Consumer Affairs will  
hold a Public Hearing on  
Wednesday, September  
26, 2012 at 2:00 p.m. at  
66 John Street, 11th floor,  
on a petition from John-Phil  
Tavern Corp.to continue to,  
maintain, and operate an  
unenclosed sidewalk café at  
350 East 53rd Street in the  
Borough of Manhattan for a  
term of two years.

REQUESTS FOR COPIES OF THE  
PROPOSED REVOCABLE CONSENT  
AGREEMENT MAY BE ADDRESSED TO:  
DEPARTMENT OF CONSUMER AFFAIRS,  
ATTN: FOIL OFFICER, 42 BROADWAY,  
NEW YORK, NY 10004.

**PREPARING FOR COLLEGE MEANS  
TAKING THE TOUGH CLASSES NOW!**

FIND OUT WHICH CLASSES  
YOUR STUDENT NEEDS TO TAKE AT  
**KnowHow2Go.org**

AE  
AMERICAN COUNCIL ON EDUCATION  
The Leading Source for Higher Education

Ad  
Council

LUMINA  
FOUNDATION FOR EDUCATION

**SHE SNORES MORE  
THAN I DO, BUT I STILL  
LOVE MY HUMAN.**

— BANDIT  
adopted 11-26-09

**A PERSON  
IS THE BEST  
THING TO HAPPEN  
TO A SHELTER PET**

**adopt**  
theshefelterpetproject.org

Ad  
Council

THE HUMANE SOCIETY  
OF THE UNITED STATES

PROGRESS  
FOR ALL



# Frequent BATHROOM TRIPS?

## Bell Ezee Flow Herbal Tea #4a

■ **Men** Natural nutritional support for urinary ease & comfort. Relief within 3-5 days from dribbling, discomfort, urgency, poor flow. Instead of getting up many times most need to get up only once or not at all each night. For many years a favorite for mature men. Good sleep helps to have more energy all next day. Also blood flows more easily where it counts for better sex life. Thousands of satisfied repeat customers. No side effects. We have literally hundreds of testimonials.

■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON* ■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA* ■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



# Blood Pressure Formulation

**Dr. C. Hammoud M.H., PhD**, recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. \*A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. \*A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. \*We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. \*Achieve your balance and maintain your balance and a healthy range.

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. *Irene Surridge, 67, Owen Sound, ON* ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

■ **AVAILABLE IN MANHATTAN:** New Life Nutritional Centre 714 W. 181 St. Cash Rx Plus 746 10th Ave. @ W 51st St Cordette Drugs 55 W 39th St @ 6th Ave. Cross County Pharmacy 1514 Madison Ave. @ 103rd Food For Health 1653 3rd Ave. New London Pharmacy 246 8th Ave @ 23rd St. A Matter of Health 1478 1st Ave. @ E 77th St. Ajanta Pharmacy 2718 8th Ave. @ 145th St Arrow Pharmacy 883 9th Ave. @ 57th St. Blake Pharmacy 1868 3rd Ave. @ 103rd St. Bliss Pharmacy 1590 Madison Ave. @ 107th St. C & C Nutrition 561 W 179th St. @ St. Nicholas Ave. Dile Punab Deli 170 9th ave @ 20th @ 21st ST. Harlem RX Pharmacy 102W. 116TH St. Health IS Wealth 184 7th Ave. Earth Matters 177 Ludlow St. @ Houston St Elm Health 1695 1st Ave. @ E 88th St. Metro Drugs 7 West 14th St. near 5th Ave. Metro Drugs 931 Lexington Ave. @ 68th St. #92 Pharmacy 1938 2nd Ave @ E. 100th St. VLV Med Pharmacy 4085 Broadway St. Earth Matters 177 Ludlow St. @ Houston St. Gary Null's Uptown Whole Foods 2421 Broadway St. Health Harvest 820 2nd Ave. Natural Green Market 162 3rd Ave. Pro Health Pharmacy 385 2nd Ave. Pro Health Pharmacy 370 Lexington Ave.

■ **AVAILABLE IN ALL BOROUGHES OF NEW YORK CITY CALL US FOR FUTHER INFORMATION:**



In other towns try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H \$9.95.

**Bell uses the power of nature to help put life back into your lifestyle**

**www.BellLifestyle.com 1-800-333-7995**

# CLEAR SKIN

**Dr. C. Hammoud, Master Herbalist, PhD**, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. \* This makes sense. Usually you can see how it benefits your skin within days. \* Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product.

■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY* ■ **It #60 worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**



# SNORING?

**As recommended by Dr. Gifford-Jones M. D.**

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**